The Pharmacopoeia Of Siddha Research Medicines

THE PHARMACOPOEIA OF SIDDHA RESEARCH MEDICINES

(CHAPTER - 2 TO 14)

PREPARED MEDICINES

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By

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and

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PREFACE

This book consists of 2 to 14 chapters of Siddha Research prepared medicines. A great majority of them were prepared and used successfully in the Siddha Research Laboratory of which Dr G. D. Naidu of Coimbatore was the Director and Inventor. Our research is based on collections from ancient Siddha Cudjen leaves, manuscripts, traditional formulas and on the vast experience of the author. All these precious receipies are collections of over 45 Years and have been practically tried and experienced. A few of them could not be prepared here for want of certain ingredients and other facilities. This book consists of over 402 Prepared Medicines excluding 351 Specific medicines under separate chapters 1 and 15. This book is a rich monument as it is being used as a guide for B.I.M. Degree and M. D. Degree Siddha Students. It is needless to say that Vaidyas in general will make the best use of these prepared medicines in their practical field. It is the intention of the then Director Dr. G. D. Naidu to prepare these medicines and issue them on a commercial basis. We have to be highly grateful to him for his selfless service for the advancement of Siddha System of Medicine by publishing several Siddha Medical works. This book has been recognised by the Board of Studies, Madurai University as a reference book for M. D. Degree course (Siddha).

G. D. Naidu Charities

Coimbatore.
1978

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THE PHARMACOPOEIA OF SIDDHA RESEARCH MEDICINES

CHAPTER-2

CHENDURAMS

1. Dr. M. S. VELU'S ABREKA CHENDURAM (Special) OR (MUPPU CUM ABREKA CHENDURAM FOR USE IN DIABETIC CURE MEDICINES)

Krishna Abreka Navanestham (refer to Miscellaneous preparation under Abrekam purifications) lbs 1-8-0 is taken, placed in a kalvam, **Muppu Guru Chunnam** one dram or Valalai Guru Jayaneer 4 to 8 ounces is added.

These ingredients are well mixed in the kalvam, rubbed with the juice of VELLAI ERUKKAN PALUPPU for about 3 to 5 days, suitable Villais about 6 to 8 in number are made, dried, each Villai is enclosed in the midst of a rubbed mass of the same Vellai Erukkan Paluppu, dried again and open putam is applied in a pit in an airtight compartment with about 600 to 1000 Vratties. On being cooled the Villais are carefully collected and weighed. It attains red colour lightly after this first putam. There is no need to use agals for putam and as such there is no need for a Very large number of Vratties here. This chenduram is finished satisfactorly in about half dozen putams and it is so, because this process contains good catalytic agents. This is our experience.

Second time, the same juice is used for rubbing and open putam is applied as before. During this second time rubbing with Vellai Erukkan Paluppu juice, it is good to add VALALAI GURU JAYANEER alone 4 ounces.

Third and fourth times similar process of rubbing with Vellai Erukkan Paluppu juice and open putam are repeated. Of course, there is no need for adding Valalai Guru Jayaneer or other catalytic agents during these third and fourth times or after the first putam and occasionally there may be apecessity to add VALALAI GURU JAYANEER for the second putam.

Fifth time, the above 4 putams finished chenduram is rubbed with the JUICE OF ALAM VIZHUTHU for 3 days, dried with the kalvam in the sun, again rubbed with the DECOCTION OF THIRIPHALA CHURNAM for another 3 days, then Villais are made, dried, enclosed in the rubbed mass of Vellai-Erukkan paluppu as before, dried again and open putam is applied as mentioned for the above putams.

Sixth and the final putam, the above 5 putams finished chenduram is rubbed with a CONCENTRATED DECOCTION of the following barks namely ALAM-PATTAI, ATHTHIMARAPATTAI, ITHTHIMARA-PATTAI, ARASAMARAPPATTAI, AND NAVAL-MARA PATTAI, (each bark is taken in equal parts. say 15 tolas pounded well, put in a decoction pot, water added 10 Madras measures. boiled and reduced to 1/8th part. On being cooled this is crushed well with hands, filtered through cloth and this decoction is used for rubbing this final process. Rubbing with this decoction is done for 3 days, Villais are made, open putam is applied under cover or kavacham of Vellai erukkan paluppu paste as mentioned above. Now this chenduram is used in the preparation of DIABETIC CURE MEDICINES in the Research Lab., and is also administered independently.

Dose: 2 to 4 grains may be given with honey or other suitable anupanam for $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or one mandalam of 40 to 45 days. When given in the form of our Diabetic cures esp: Diabetic cure No. 4 it works very quickly and wonderfully. Cure of Diabetes is certain in about a week or 10 days even in worst cases.

Uses: Diabetes mellitus and insipidus together with their complications are cured, Gunmam, Soolam and certain skin diseases are also well responded to.

2. ABREKA CHENDURAM No. 2

Purified Abrekam or Abreka Navaneetham–40 tolas.

This is placed in a kalvam, rubbed with the juice of **Adutheendapalai** for three days, Villais are made, dried in the hot sun until the Villai gives a metallic sound, enclosed in a pair of suitable agals, clay cloth 3 layers are made to the margin of agals, dried and subjected to putam with 1000 Vratties.

Similarly 4 more putams are repeated by rubbing with the same Adutheendapalai juice.

Next 2 putams are applied by rubbing with Alam Vizhuthu (ஆலம் விழுது) decoction.

Finally the eighth putam is applied by rubbing with **Maruthondri leaves juice** and thus this chenduram is finished. In this case the final product is 36 tolas.

DOSE, USES and ANUPANAMS are the same as that of Abreka chenduram No. 1.

3. ANNABEDHI CHENDURAM No. 1

Annabedhi 3 lbs kept soaked in a basin in lime fruits juice for one day and exposed to the sun to be dried. Next it is placed in a kalvam, rubbed with **lime fruits juice** for 2 days, spread in a suitable mud chatty, dried, mouth covered with a suitable agal, clay cloth seven layers are provided to the margin, dried and is subjected to putam in a pit in an airtight compartment with about 300 Vratties. On being cooled it is taken out, the chenduram is secured and weighed.

Next, it is again rubbed with **Potrilaikaiyan juice** for 2 days, Villais are made, enclosed in suitable pair of agals, margin sealed with seven layers of clay cloth, dried and is subjected to a second putam as before. Now it becomes alright.

If however the chenduram is not well finished, it may be subjected to a third putam by rubbing with **Lime juice** or **Potrilaikaiyan juice or with both.**

Note : 1. Both **Lime juice** and **Potrilaikaiyan juice** may be used for rubbing the first and second putam also, each juice separate.

Dose : 2 to 4 grains may be given with honey or cow's butter or ghee or other suitaple anupanams.

Uses : Pandu, Sobai, Kamalai, Liver and Spleen diseases, Diarrhoea, Dysentery, Fever, Stomatitis and Manthagai are cured.

Note : 2. Annabedhi rubbed with lime fruit juice or Annakatijalam for 2 days, dried with kalvam, again rubbed with manjal karisalai juice for 2 days, enclosed in a pair of agals or chatties, clay cloth is provided to the margin, putam is applied as before and taken out. On being cooled, in a single putam like this process, it becomes a fine chenduram. This process is adopted all the while here.

Note : 3. By further research, it is observed that potrilaikaiyan juice alone may be used for rubbing and one or two putams applied. The colour of the chendurum becomes bright red and the effect is very remarkable.

4. ANNABEDHI CHENDURAM No. 2 OR VEDI-ANNABEDHI CHENDURAM (Special)

1. Annabedhi (purified by keeping it soaked in lime fruit juice for one day and then exposing it to the sun to be dried) is taken lbs 2-8-0.

2. Purified Vediuppu lbs 1-4-0.

These two ingredients are taken in the above proportions, powdered in a kalvam, mixed, rubbed with LIME FRUIT JUICE for 2 or 3 days, spread in a suitable mud chatty, dried, mouth covered with a suitable agal, clay cloth seven layers are provided to the margin, dried and subjected to putam in a pit in an airtight compartment with about 300 Vratties. On being cooled it is taken out, the chenduram is secured and weighed.

Next, this chenduram is rubbed with POTILAIKAIYAN JUICE for two days, Villais are made, dried, enclosed in a pair of suitable agals, clay cloth seven layers are made, dried again and subjected to putam as before with about 200 to 250 Vratties. Now it becomes quite alright.

If however the chenduram is not properly finished, than it may be once more rubbed with LIME FRUIT JUICE and POTRILAIKAIYAN JUICE, Villais may be made, enclosed in a pair of agals and putam applied as before. This chenduram if properly done becomes quite alright even in the first or the second putams.

Note: Each time for the first, second and third putam, rubbing may be made with both the juices namely LIME FRUIT JUICE and POTRILAIKAIYAN JUICE. That is to say, first the ingredients of the chenduram are rubbed with LIME FRUIT JUICE for 2 days, allowed to dry in the sun with the kalvam, again rubbed with POTRILAIKAIYAN JUICE for 2 more days, then Villais are made and putam is applied as usual. In one or two putams a very good chenduram is obtained.

Dose: 2 to 4 grains may be given 2 or 3 times a day with honey or other suitable anupanams.

Uses: Pandu, Sobai, Kamalai, Liver and Spleen enlargements, ascites and agnimantham etc are cured.

5. ANNABEDHI CHENDURAM No. 3 (FOR USE IN CANCER LEPER CURE No. 5)

Purified Annabedhi Q. S. is first rubbed in a Kalvam with (1) **Goat's urine** for 2 days, dried with the Kalvam (2) again rubbed with **Kuppaimeni Leaves Juice** for 2 days, dried and (3) rubbed with **Lime fruit juice** for 2 days, Villai is then made, enclosed in a pair of suitable agals, clay cloth seven layers are provided to the margin of the agals, dried and is subjected to putam in a pit in an airtight compartment with about 300 Vratties for lbs 1-8-0 of Annabedhi. On being cooled, the chenduram is secured, powdered and preserved in a bottle.

This chenduram may also be prepared by using simple Vellai kaliyani murukku flowers juice for rubbing and the usual Villai may be made and putam applied only once. This is a suitable chenduram not only for preparing Cancer leper cure No. 5 but also for treating **Leucoderma directly. Dose and Uses** are the same as that ANNABEDHI CHENDURAM No. 1 & 2.

6. ANNABEDHI CHENDURAM No. 4.

(பதார்த்த குண விளக்கம் தாது ஜீவ வர்க்கம்)

Re

2 lbs of Annabedhi is powdered, placed in a mud chatty, poured in it equal parts of lime fruit juice, Inji juice and Podhina juice just enough to immerse the Annabedhi, heated over fire (in small fire) until the juice is almost reduced and formed melugu consistency. Then it is removed from the fire, the contents are removed to another Kalayam, mouth closed with a lid, seven layers of clay cloth are made, dried and subjected to Meluguputam. On being cooled it is taken out, red Chenduram is secured, powdered and bottled up.

Dose: One Kundri weight or 2 to 4 grains may be given with honey morning and evening.

Uses: Giddiness, Reeling sensation, Vanthi Nausea, Kamalai, Burning sensation of the upper and lower extremities and all other Pitha ailments are cured. This is useful in **Blood pressure disturbance.** Also it is useful in Indigestion, Diarrhoea and Pandu etc.

7. ANNABEDHI CHENDURAM No. 5

(பதார்த்த குண விளக்கம் தாது ஜீவ வர்க்கம் பக்கம்–43)

Annabedhi 4 lbs is taken, powdered in a kalvam, rubbed with chunnaneer for 2 jamams. When it is of melugu consistency, it is removed and put in a pot, mouth covered with an odu or agal, clay cloth seven layers are made and subjected to muzha putam. On being cooled it is taken out and a red-chenduram is secured which is powdered and bottled up.

Dose: Kundri weight or 2 or 4 grains may be given with honey or ghee morning and evening.

Uses: Jwaram, Seethabedhi, Kamalai, Sobai, Enlarged spleen (Malarial cake) and Pithathickam etc. are cured.

N. B. What is Chunna Neer?

It means Karchunnambu ¼ measure is put in a basin Shotrukatralai Choru - One viss is added to it, mixed well with a wooden rod or bamboo stick and then it is squeezed out by means of a cloth. This liquid is said to be **Chunna Neer** for purpose of rubbing the Annabedhi for chenduram No. 3.

8. ANNAPAVALA CHENDURAM

1. Annabedhi purified - lb ½
2. Kodipavalam purified - 6 ounces

These are powdered mixed together, rubbed with **lime fruit juice**, Villai is made, dried and sudjected to putam with about 300 Vratties. A fine chenduram is secured.

Dose: 2 to 4 grains may be given with butter or ghee or honey or with **Imbural lehiyam.**

Uses: Kasam, Swasam-Kshayam, particularly (Haemoptyais) Rakthakasam, Raktha ushnam, Pitha ushnam, Megha ushnam and Aththi jwaram etc., are cured. In brief, this chenduram may be given for all diseases with suitable anupanams as an alterative medicine.

9. ARUMUGA CHENDURAM (special)

1. Purified Patharasam	—	5 parts or	5 tolas.
2. Purified Ghendagam	—	9 parts or	9 tolas.
3. Purified Kantham	—	7 parts or	7 tolas.
4. Purified Vengaram	—	8 parts or	8 tolas.
5. Purified Induppu	—	4 parts or	4 tolas.
6. Purified Iyam	—	12 parts or	12 tolas.

These six ingredients are finely powdered in a kalvam, mixed together as per rules rubbed with KUMARI PAUL or its pulp (Shotrukaththalai milk is preferable) for 5 days, dried with the kalvam again powdered, rubbed again with Manjal karisalai juice for another 5 days, Villai is made, dried, enclosed in a pair of suitable erippu chatties, seven layers of clay cloth are provided to the margin, dried and burnt over round oven for 3 days from 6 a. m. to 6 p. m. every day by depagni and kamalagni on the first day, kamalagni and kadagni on the second day and kadagni on the third day. It is allowed to remain over the oven under fire (தணல்) without burning. On being cooled, the kavacham is opened, the chenduram in the bottom chatty is secured together with the sublimed mercury inside the top chatty and on the sides of the bottom chatly. Both the chenduram and the sublimed mercury are weighed. Ghendagam double the weight of sublimed mercury is added, placed in the kalvam, mixed together, rubbed with **Kumari juice or Kumari paul** for 3 days, dried, again rubbed with **Manjal karisalai juice** for another three days, Villai is made, dried and second time chatty erippu is made for three days as before. This time there may not be much of mercury sublimation and the chenduram without mercury sublimation may be taken for use.

If however there is much of mercury sublimation, third time Ghendagam may be added equal to the weight of mercury pathangam, mixed together with the chenduram rubbed with the above juices and third erippu may be repeated as before. Now the chenduram will be very satisfactoryily finished. Colour and fineness of the chenduram without much loss in its weight will be also excellent. Rollable rasapathangam should be eliminated from the final Arumuga chenduram. That rollable pathangam if any may be made use of for a similar or other mercurial preparations next time. This is one of the excellent Siddha medicines and its quality lies in the manner in which the preparation is done without shirking ordeals of 2 or 3 repeated erippu. Colour is that of Pomegrante flowers. Well formed Rasapathangam may be used separately (Vide Devamirtha Rasa Baspam.)

Dose: 2 to 4 grains chenduram may be given twice a day with suitable anupanams.

Uses: With Thirukadugu churnam and honey Hemiplegia, Orchitis, Haemorrhoids, Eri — Gunmam, Dryness of the tongue, Ushnathikam Soolainoi, Abdominal diseases, Pandu, Sobai, Kamalai, Granthi, Kayanoi, Bubo, Mantham, Diarrhoea, Migraine, Pharyngitis, Kandamalai and ever so many other chronic diseases are cured.

10. ASHTA GUNMA NIVARANI OR UPPU CHENDURAM No. 1

Sodium Chloride ½ lb. (கறியுப்பு) (Purified.)

Rubbed with Peikummattikoi juice, made into a Villai in a pair of suitable agals, covered, clay cloth 7 layers provided to the margin, dried and subjected to putam (Kukkidam).

Dose: 2 to 4 grains may be given once or twice a day with Palm Jeggery.

Uses: Ashtagunmams are cured. It produces loose motions.

11. AYA CHENDURAM No. 1 (Traditional)

Iyam purification:

Best quality of iron filings about 15 tolas are placed in a porcelein dish, Patikaram about 3 tolas is powdered and added to it. Lime fruit juice sufficient quantity is poured so as to keep the drugs immersed in it. It is kept aside for a day. Next day the same is put in a kalvam rubbed for a while, washed well with sour-rice-conjee-water or Annakatijalam or pure water and dried in the hot sun.

This purified iron filings are then put in a porcelein dish, added "**Acidum sulphuricun**" **strong** about one ounce, stirred well and kept exposed to the sun often stirring it well. This process of adding one ounce of sulphuric acid to the purified iron filings and exposing it to the sun is repeated daily for eight days continuously, often stirring it well. When it is completely dried, the same is preserved in a suitable bottle for preparation of Iyachenduram, Iyakantha chenduram and Iyathanga-chenduram.

N.B. Usikantham may also be treated in this manner.

11 A. IYA CHENDURAM No. 2 (Plain)

To prepare **Iya chenduram plain**, you better take about 10 Tolas of the above purified and preserved Iron filings, place it in a dish, sprinkle fresh **Potrilaikaiyan leaves juice,** mix it into a paste and expose it to the sun to be well dried. Powder it again, place it well spread into a very thin layer in an agal which is then covered with its pair, clay cloth seven layers are provided to the margin, dried and subjected to a putam with about 100 Vratties in a pit in an airtight compartment. **There should be no wind in the putasala.** The chenduram is bright red, sometimes blackish red, that does not matter. Whether red or blackish red, its effects are in no way affected. However it is better to repeat the process of sprinkling Potrilaikaiyan leaves juice, mixing it into a paste, drying and subjecting it to a putam as detailed above in a suitable pair of agals once or twice more which will be best suited to tackle diseases.

N. B. The agals should have been treated by smearing Lime fruit juice several times and dried, before they are used for this putam.

Dose: 2 to 4 grains may be given with suitable anupanam.

Uses: Pandu, Sobai, Kamalai, Peruvaiyuru, Gunmam, Vettaivayu, Vegumoothiram, Madhumegam, and indigestion etc are cured. Honey, cow's butter, Amirthasanjeevi lehiyam, or churnam, Elathi churnam or lehiyam, General tonic lehiyam, Kushmanda lehiayam, Panchandeepagni churnam or lehiyam and Pithavayu lehiyam etc. may be used as anupanam.

12. AYA CHENDURAM No. 2 (Traditional)

Best quality of fine iron filings purified with Padikaram etc., as detailed under Iyachenduram No. 1 is taken about 10 tolas. This is placed in a kalvam, rubbed with the following **Vediuppu Dravakam** for a day, dried again, rubbed with **Potrilaikaiyan leaves juice** for another day, Villai is made, dried, enclosed in a pair of suitable agals, seven layers of clay cloth are provided to the margin, dried and is subjected to putam with about 100 Vratties in a pit in an airtight compartment. On being cooled it is taken out and is found best **red-Iyachenduram** formed in the first putam itself.

Dose: 2 to 4 grains to be given with suitable anupanam morning and evening.

Uses: Pandu, Sobai, Kamalai, Peruvaiyuru, Anorexia, Indigestion, convelesence after prolonged ailments, general debility and all Vayus are well responded to.

13. AYA CHENDURAM No. 3 (Special) FOR USE IN JEEVALOKA CHENDURAM

Purified Iyampodi lbs 1.8.0. This is placed in a kalvam, powdered, Acidum sulphuricum or (Ghendaka Dravakam) 4 ounces is added, mixed well, exposed to the sun, dried then rubbed with **Potrilaikaiyan juice** for 2 days in a kalvam and allowed to dry with the kalvam in the sun.

Again it is powdered, Acid sulphuric 4 ounces is added, mixed well, dried, rubbed with the juice of Potrilaikayan leaves for 2 to 3 days, thin Villais are made, enclosed in a pair of suitable agals, clay cloth seven layers are provided to the junction of the agals, dried and subjected to putam with about 300 to 400 Vratties in a pit in an airtight compartment, On being cooled the Villais are secured and weighed.

Next, two more similar putams may be done to secure finest chenduram by rubbing with the same Potrilaikaiyan leaves juice and putam applied as before. There is no need to add Acidum sulphuricum after the first putam. This chenduram is used in the preparation of **Jeevaloka chenduram** and for **Jeevaloka melugu.** This may also be administered independently in the dose of 2 to 4 grains twice a day with any suitable anupanams for Pandu, Sobai and Kamalai etc. This increases the apetite and helps digestion. **Leucoderma, Obesity** and Grahani are responded to.

14. AYAKANTHA CHENDURAM (Special) FOR USE IN CANCER-LEPER-CURE No. 5 AND ALSO FOR INDIVIDUAL USE

1. Purified Irumbu podi
2. Purified Usikantham
3. Purified Jathilingam

} Of each in equal parts, say 6 ounces each.

These three ingredients are nicely powdered, mixed together and rubbed in a kalvam with VEDIUPPU DRAVAKAM (mentioned under chapter - 5) about 6 to 8 ounces for 12 hours. It is then dried in the sun with the kalvam.

Next, it is rubbed with MANJAL KARISALAI JUICE for another 12 hours or more. It is then made into a thin, broad villai. dried, enclosed in a pair of erippu chatties, seven layers of clay cloth are provided to the margin of the chatties, dried and subjected to burning over round oven for 3 days.

Note: Burning is done on the first day from 8 a.m. to 8 p.m. in the form of Deepagni and Kamalagni, on the second day as Kamalagni and Kadagni and on the third day as Kadagni throughout. During night, the chatty kavacham is allowed to remain over the fire without being burnt.

On being cooled the next day, the kavacham is opened, the chenduram which is fine and well finished in the bottom chatty is secured, weighed powdered and preserved in a bottle. The sublimation of mercury from the upper chatty is secured separatly and preserved. This is not used internally. If however the chenduram is not satisfactorily finished during the first process of burning, then it may once again be rubbed with the same JUICE OF MANJAL KARISALAI LEAVES, or KUMARI JUICE together with the above **Sublimed mercury** for 2 or 3 days, Villai is made and burning is done for 3 days in the same way as that of the above first process.

As a third chance if necessary the chenduram plus sublimed mercury may be rubbed with THIRIPHALA KASHAYAM for 1 or 2 days (Thiriphala decoction prepared in the proportion of 1:6 parts of water, that is THIRIPHALA CHURNAM one part and water 6 parts, boiled and reduced to $\frac{1}{4}$ part and then decanted), Villai is made, enclosed in a pair of suitable agals, clay cloth seven layers are made to the junction, dried and putam is applied in a pit in an airtight compartment with 300 Vratties. It becomes quite alright in the first or second chatty erippu or in the third and if not in the final putam.

Dose: 1 to 2 grains may be given with THIRIKADUGU CHURNAM or PANCHADEEPAGNI CHURNAM morning and evening well mixed with honey, cow's ghee or butter or other suitable anupanam may be adopted.

Uses: 1. With palm jaggery all kinds of Soolainoi are cured.

2. With white mustard decoction diarrhoea and amenorrhoea or soothakavayu are cured.

3. With Jeerakam, Megavayu is cured.

4. With Vengkaram fried and powdered, Kalladiappu is cured.
5. With Panchamula kutineer or with Vallathi lehiyam all kinds of Vathanoi are cured.
6. With Vallathi lehiyam, Andavayu is also cured. Further pandu, sobai, kamalai, pithavayu, gastric, ulcer or duodenal ulcer, mahodaram, spleen and liver lesions, Meganeer, Vranams, Kayanoi, Shaky teeth, Joint affections and General debility etc are well responded to when this particular type of **Iyakantha Chenduram** is administered with suitable anupanams.
7. This chenduram is included in Cancer, Leper cure medicines.

15. IYATHANGA CHENDURAM (Special) No. 1

Iron filings-purified and treated with Acid Sulphuric for 8 days mentioned under Iya chenduram No. 1 about 10 tolas are taken in a dish Surulthangam or Thanga rekku about one or 2 p.w. is cut in small bits, placed in a stoppered bottle or a glass dish, added a solution of a mixture of "ACID NITRICUM ½ fluid dram and Acidum Hydrochloricum 3 fluid drams and kept exposed to the sun. At first it produces effervescense and then subsides. Gold becomes completely dissolved in the acid. This golden acid is poured in the above dish containing iron filings, mixed well and kept exposed to the sun. Next day, **Potrilaikaiyan leaves juice** is sprinkled, mixed into a paste, kept exposed to the sun to be dried well and then powdered. This powder is spread into a very thin layer in an agal, covered with its pair, clay cloth seven layers are provided to the margin, dried and subjected to putam with about 100 Vratties in a pit in an airtight compartment. The chenduram is bright red in colour. If required, a second time the same process of sprinkling Potrilaikaiyan leaves juice, mixing into a paste, drying in the sun, powdering again and subjecting it to a second putam as before in suitable agals may be adopted. The chenduram is then powdered and preserved in a bottle.

N. B: The agals should have been treated with **Lime fruit juice** several times and dried before being used for applying putam. 2) Instead of purified iron filings we can also use **Iyachenduram No. 1 with acid dissolved Gold rekku** for the preparation of **Iyathanga chenduram.**

Dose : 1 to 2 grains may be given morning and evening with suitable anupanams. Uses and anupanams are the same as that of Iyachenduram No I. In addition, this Iyathanga chenduram is useful in **Diabetes mellitus** and its complications, impotency, general and nervous debility, kasam, swasam, and kshyam. During convalescence of any prolonged illness or after cholera, either Iyachenduram or Iyathanga chenduram is very useful to re-coup original health. The patient becomes very brisk and active, after taking these chenduram.

16. AYA THANGA CHENDURAM No. 2

Iyachenduram No. 2 about 6 tolas are taken and gold rekku about 1 to 2 p. w., is also taken. Gold rekku is dissolved in the following Vediuppu Dravakam and is added to the Iyachenduram in a kalvam. This mixture is rubbed with the same **Vediuppu Dravakam** for a day, dried, again rubbed with **Potrilaikaiyan leaves juice** for another day, made into a thin Villai, dried, enclosed in a pair of suitable agals, clay cloth seven layers is provided to the margin, dried and is subjected to putam with 100 Vratties in a pit in an airtight compartment. On being cooled it is taken out and found an excellent **Red-Iyathanga chenduram** formed in the first putam itself. This is powdered, weighed and bottled up.

Dose : 1 to 2 grains may be given with suitable anupanam twice a day.

Uses and Anupanam are the same as that of No. 1 Iyathanga chenduram.

16A. VEDIUPPU DRAVAKAM FOR PREPARING IYACHENDURAM & IYATHANGA CHENDURAM No. 2

1. Vediuppu - 1 part.
2. Patikaram - 5 parts.

These are powdered together and subjected to the Retart. Dravakam is extracted in the usual process, or it may be treated in the same manner as that of Shanka dravakam by dividing the salt compound into 3 groups and dravakam extracted by three repeated (madakku) processes. This madakku dravakam also may be used for this purpose. But when Iya chenduram No. 2 is used for preparing Iyathanga chenduram No. 2 simple Dravakam is quite enough.

17. AYA VEERA CHENDURAM

1. Purified Iyam — 1 lb
2. Purified Veeram — $\frac{1}{4}$ lb

These two ingredients are nicely powdered together, rubbed with **Vdiuppu Dravakam No. 1** (noted under chapter 5) about 12 ounces and allowed to dry with the kalvam in the sun.

Next, the same is powdered, rubbed with **Manjal Karisali Juice** for 2 days, Villai is made, dried and is subjected to chatty erippu as per rules for 3 days from 8 a. m. to 8 p. m. each day. Erippu is done on the first day under deepagni and kamalagni, on the second day kamalagni and kadagni and on the third day throughout kadagni. On being cooled, the kavacham is opened, chenduram is carefully secured, powdered and bottled up. By this method it is very fine in colour, consistency and in effect.

Note: Veera rasa pathangam 5 tolas is collected from inside the upper chatty which is used for future Iya-veera chenduram preparation in place of Veeram or this Pathangam may be added to the above chenduram a second time and rubbed with the above juice, Villai is made and chatty erippu is done once more as before. Until there is no more sublimation of mercury this process is better repeated. You will get prodigiously an excellent chenduram with beautiful colour, fineness and effect.

Dose: 2 to 4 grains B. D. with cow's ghee or butter or honey or other suitable anupanams.

Uses: All kinds of Vathanoi including joint affections and Paralysis, Soolainoi, Gunmam, Pandu, Sobai, Kamalai, Skin diseases including Leprosy, Cancer, Leucoderma, Allergic dermatitis and Vishakadi etc are cured.

Special Note: It is also common to prepare this chenduram in the proportion of equal part of purified iron filings & Shavviram. Ofcourse for the first rubbing it is always advisable to use **Vediuppu Dravakam No. 1** (noted under chapter-5) and then any one or more of the juices may be used for rubbing namely **Manjal karisalai** or **Lime fruits** or **Puliyarai juices etc.**

When equal parts of purified Iron and Veeram are taken for preparation, such a chenduram is said to be very effective in cases of "PEPTIC ULCER" AND DUODENAL ULCER (for Vathagunmam and Soolai gunmam). Simple water also may be used for rubbing instead of Vediuppu Dravakam. PURIFICATION OF IYAM-PODI. Iyam podi one part. Padikaram 1/8th to ¼th part. Both are powdered, mixed in a kalvam, rubbed with water for 2 days, then washed with water, exposed to the sun and then bottled up after being well dried.

18. AYA VEERAM No. 2 (Traditional)

1. Iyam — 1 part or 2 oz.
2. Ghendi — ½ part or 1 oz.
3. Veeram — 1/8th part or ¼ oz.

These three ingredients are mixed together, rubbed with **Karchunnaneer** until iron becomes free from friction (கரகரப்பு), then made into Villais of a pie size

(தம்பிடி அளவு வில்லைகள்) and dried, Villais are placed over 3 Vratties without touching each other, three more Vratties are placed over these Villais, another three more Vratties round about the kavacham are placed and then set fire to, as open-putam in an airtight compartment without agals. On being cooled the Villais are collected in the form of chenduram. There is no loss in weight. If however the weight is found to be actual weight of total ingredients (ie $3\frac{1}{4}$ oz in this instance), then it may be powdered and fried in an iron pan until the final quantity becomes 3 ounces or a little less than the total original quantity. The weight of Veeram should disappear.

Dose: 1 to 2 grains may be given with **Sanghu baspam, honey or ghee** twice a day.

Uses: Gunmam, Vanthi, Fainting or Moorchai, Vaitruvali, Uterine trouble, joint diseases, catch pain, Rheumatism, arthritis, Vadha diseases, jwaram etc. are well responded to. This is a traditional process. No mercurialism would happen.

19. BHUPATHY CHENDURAM

1. Nellikoi Ghendakam or highly purified Ghendakam — one part or 6 tolas
2. Jathiling kattu chenduram or purified jathilingam — 2 parts or 12 tolas

To be mixed in kalvam, rubbed with **Inji juice** for 2 days, allowed to dry with kalvam, then rubbed with the following decoctions:

Navarpattai
Mampattai
Aththippattai
Marutham pattai
Eththi pattai
Lavangam
} Of each 15 tolas.

These are pounded nicely, put in a decoction pot, water 6 Madras measures is added, boiled reduced to $\frac{1}{8}$th part, decanted and this decoction is used for rubbing of the above medicines in a kalvam for one day. Thereafter the whole medicine with the decoction is put in an Iron kadoi or Erippu chatty, burnt over small fire until the fluid is completely dried, then removed from the fire, dried in the sun, powdered and bottled up.

Dose & Uses: 2 to 4 grains twice a day may be given with honey for Grahani, Athisaram and Diabetes mellitus, 2) With milaku decoction for jwaram and maleria and 3) with Thirikadugu churnam for Vayu and several other worst skin diseases.

20. BHRAMASTHRAM OR SHAVVIRAM KATTU CHENDURAM OR SHAVVIRAM PATHANGAM

1. Kariuppu (or common salt, big and lens like crystals) = 6 to 8 lbs is taken.
2. Vellai saradai leaves quantity sufficient.
3. Puliyarai leaves juice quantity sufficient.
4. Shavviram — in one mass weighing about 3 to 6 tolas. (This may be taken after usual purification or may be converted into a kattu as mentioned below and then taken for this process.)

Mode of Preparation:

A mud kalayam is taken, a layer of **Vellai saradai leaves** is spread, in it over this layer of leaves, 1/8th part of the salt is spread, over this another layer of Vellai saradai leaves is spread, again 1/8th part of the salt is spread over the leaves, over this a third layer of the same leaves is spread and over this, a third layer of 1/8th part of the salt is spread. Now three layers of leaves and 3/8th part of the salt are arranged in the kalayam. Similarly the rest of the layers of leaves and salt one over the other are spread and in the top most the leaves are spread. Eight such layers are now finished. The kalayam is covered with a lid, the margin is provided with seven layers of clay cloth, dried and subjected to putam with Vratties of about 8 to 10 times the weight of the kavacham (150 to 200 Vratties).

On being cooled, the salt baspam inside the kalayam is carefully collected.

In this manner the above process of burning the salt in the midst of Vellai saradai leaves is to be repeated **Ten times** on the whole and every time fresh leaves should be used.

Next, this salt baspam is divided into **ten equal parts,** one part is placed in a kalvam, rubbed with Puliyarai leaves juice into a paste, kavacham is made with this paste to the Shavviram mass and dried in the hot sun. Similarly the rest of the nine parts of the salt baspam is rubbed with the juice of puliyarai leaves, one by one uniform coating is given to the same Veeram kattu after each coating is completely dried in the sun in 10 days.

Thereafter this **Veeram kavacham** is placed in an erippu chatty, covered over with its pair or upper chatty, seven layers of clay cloth are provided to the margin, dried and burnt over the vattaduppu by deepagni, kamalagni for 3 hours each and kadagni for 6 hours. It is then allowed to cool itself, the chatty is cautiously placed flat on the floor, opend, the white sublimation inside the upper chatty and on the sides of the bottom chatty (similar to Pachai karpuram or aspirin in shape and colour) is secured carefully and at the same time, part of the medicine might have formed into a chenduram inside the salt mass which may be secured separately and preserved. Sometimes there may not be any chenduram inside the salt mass and the whole Veeram might have formed into a nice **white pathangam** alone, which may be secured and preserved. This pathangam is said to be **"Bhramasthram"**. Chenduram if any may be mixed with the white Pathangam.

Dose: $\frac{1}{2}$ to 2 grains may be given in capsule or enclosed in palm jaggery twice a day in empty stomach for 3 to 5 days.

Uses: This is rather a very effective **Univresal remedy** for all diseases. Vadha and Vadhakapha diseases, Leprosy, Cancer, worst skin diseases, Gunmum, Soolainoi, joint diseases, kayanoi, valinoi, convulsions, tetanus, syphilis and meganoi etc are cured.

Veeram kattu for use in this preparation, instead of Shavviram (plain.)

Shavviram in one mass weighing 6 to 8 tolas is taken. In an erippu mud chatty, **Kulithamarai leaves** are spread half of the chatty, Veeram mass is placed in it, further Kulithamarai leaves are put over the Veeram to fill up the full capacity of the chatty, pressed well, it is covered over with its pair of upper chatty, seven layers of clay cloth are provided to the margin, dried and burnt over the Vattaduppu by deepagni and kamalagni each for 3 hours and kadagni for 6 hours. It is then allowed to cool itself, opened and the Veeram kattu is secured together with a little of Veeram pathangam found in the charred leaves.

The Veeram kattu may be used for the above **Bharmasthram** while the Veeram pathangam may be used internally either as it is, or modified by adding equal part of **Patikaram** and making a chatty erippu as per rules for 2 or 3 hours **on small fire** as mentioned under **Neelakantavalai Rasakarpuram**. **Dose** and **Uses** are the same as that of Bhramasthram. It may be given in capsules or palm jaggery twice a day for 3 to 5 days. This is "**Patika Veera Pathangam**". The Veeram kattu also may be used like that of its Pathangam in all serious and chronic ailments.

21. CHANDAMARUTHAM No. 1 (Special)

1.	Purified Jathilingam or Jathilinga Kattu chenduram	— 8 parts
2.	Purified Rasakarpuram or Rasakarpura Kattu baspam	— 10 parts
3.	Purified Shavviram or Veeram Kattu baspam	— 2 parts
4.	Purified Ghendakam or Ghendaka Kattu baspam	— 2 parts
5.	Purified Rasa chenduram or Swarna Valai Rasa chenduram	— 22 parts

All these 5 ingredients are rubbed well together in a kalvam for 4 or 5 days as it is, without using **Breast milk** or **other fluids.** The longer the compound chenduram is rubbed in the kalvam the better will be its effect.

Dose: 2 to 4 grains B. D. may be given for 5 to 7 days enclosed in capsuls or palm jaggery or with Thirikaduku churnam and honey.

Uses: Janni 13, Gunmam 8, Thodam 7, Liver and Spleen diseases, Mahodaram, Vatham 80, Paksha Vatham, Paralysis, Tetanus, Orchitis, Valinoi, Joint diseases, Chorea, Rheumatism, Vranam, Syphilis, Soolainoi, Kandamalai, Mega Ooral in Palms & feet, Karumegam, Vandukadi, Allergic dermatitis, dental bite poisoning, Cancer and ever so many diseases can be tackled with this chenduram successfully with proper anupanams. This is also useful in **Hypertension** when given with **B. P. Stebilizer** and **honey.**

Special note for Chandamarutham No. 1 (Special)

Note: These five raw drugs purified may also be rubbed with white of eggs in a kalvam, small villais may be made, dried in the shade, put in a kuduvai covered with a lid, clay cloth 7 layers may be made to the margin dried, kept over 3 cornored stones in a chatty containing one Madras messure of cow's milk, boiled on slow fire until the milk is almost dried and then the medicine is taken out, rubbed in the kalvam for 3 hours until there is no moisture. It is dried well and preserved in a stoppered bottle.

22. CHANDAMARUTHAM No. 2 (Special)

1. Purified Jathilingam or jathilinga kattu chenduram	— 12 parts
2. Purified Rasa karpuram or Rasa karpura kattu parpam	— 15 parts
3. Purified Veeram or Veeram kattu parpam	— 3 parts
4. Purified Ghendakam or Ghendaka kattu parpam	— 3 parts
5. Purified Rasa chenduram or Swarna Valai Rasa chenduram	— 3 parts

All these 5 ingredients are rubbed together in a kalvam continuously for 4 to 5 days **without using Breast milk** or other fluids. The longer it is rubbed, the greater will be its potency and effect. The colour in this process is of coral resemblence (Pavalam).

Dose: ANUPANAM AND USES are the same as that of No. 1 Chandamarutham.

Note: To avoid Mercurialism in certain rare cases, it is better to add to the above compound chenduram about $\frac{1}{4}$th part of **fried Padikaram** or **padikara parpam** and rubbed together in a kalvam before use. Mercurialism is rare in Nos. 1 & 2 chandamarutham. If it occurs, the medicine may be stopped and mercurialism treated separately.

23. COPPER CHENDURAM (Special) FOR USE IN CANCER LEPER CURE No. 5

Copper coin of 1835 is allowed, but we took only Electric Copper wire, beaten into thin plates, Purified as per rules, covered with a paste of Thalakam rubbed with Erukkanpaul (milk of Aka) or Maansevikallipaul, dried in the sun and is subjected to laghu putam with about 15 to 20 Vratties, repeated 5 times. Copper becomes brittle.

Next, this Thambiram is powdered in a kalvam, rubbed with pure **Juice of Kowthumbai leaves**, Villai is made, enclosed in the rubbed mass of the same **Kowthumbai leaves**, dried and is subjected to open laghuputam as before. Next, the chenduram is rubbed with the juice of **Kuppaimeni leaves**, Villai is made, enclosed in the rubbed mass of Kuppaimeni leaves, dried and is subjected to putam with about 30 Vratties. On being cooled the chenduram Villai is secured, weighed powdered and preserved in a bottle.

Dose: $\frac{1}{2}$ to 1 grain may be given B.D. with suitable anupanams.

Uses: Cancer, Leperosy, Other skin diseases, Gunmam, Soolam, liver diseases, chilvisham and mahodaram etc are cured. This chenduram is used in the preparation of **Cancer leper cure No. 5.**

24. GOLD CHENDURAM (Special) FOR USE IN CANCER LEPER CURE No. 5

Equal parts of purified Patharasam and Ghendakam are well ground in a kalvam until they become completely black, then rubbed with **Karuthulasi leaves juice** into a thick paste and made into a bolus. This is placed in a suitable mud kuduvai.

Next **Gold rekku** one tola is taken on placed in a kalvam, equal part of purified Patharasam is added, rubbed both together untill they become butter like consistency and this is placed in the midst of Rasaghendi bolus mentioned under para 1 above.

The kuduvai is provided with a suitable lid. Seven layers of clay cloth are provided to the junction of the kuduvai and its lid. This is dried and subjected to erippu under Valukam (sand). This Valukam chatty is kept covered with its pair and the margin is sealed with seven layers of clay cloth. Burning is done for 3 days begining from 8 a. m. to 8 p. m., every day by the usual deepagni, kamalagni and kadagni fires respectively as detailed under **Kalameganarayana chenduram.**

By this method no doubt there was good chenduram in the kuduvai but at the same time there was plenty of Gold chandrika or metals. Hence the chenduram with Gold metals was weighed, 8 parts of purified Patharasam was added and rubbed together in the kalvam until they became well combined. Again, purified Ghendakam 16 parts was added and all the three ingredients were rubbed together until they become utter black in colour. Thereafter it was rubbed with a solution of **Semparaththam flowers kept soaked in lime fruits juice** for 4 days and then the flowers are squeezed out. Rubbing was done with this juice for 2 days, allowed to dry in the sun with the kalvam, powdered again and was subjected to Kuppi Erippu for 3 days in Valukam as mentioned above. The mouth of the Kuppi was kept closed with a suitable odu or asbestos piece and seven layers of clay cloth were provided to the junction of the odu and the mouth of the bottle.

On being cooled, the kuppi was breakopened, the chenduram well sublimed inside the kuppi as one mass without isolation of Gold was carefully secured, weighed and powdered nicely, preserved in a suitable bottle. No loss in the total weight of the chenduram. This chenduram is used in the preparation of cancer, leper cure No. 5.

Dose: ½ to 1 grain B. D. may be given with suitable anupanams.

Uses: Chilvisham, loss of beauty, Vatha pitha and kapha diseases, kasam, swasam, kayanoi, exhaustion, Generel and Nervous debility, Seminal weakness, cancer, leprosy, worst skin diseases and Heart diseases are cured. It enriches the semen and strengthens it.

25. GENERAL TONIC CHENDURAM No. 1

1. Sringi baspam — 1 oz.
2. Karpura Silajathu baspam — 1 oz.
3. Ayakantham — 1 oz.
4. Aurocalciam or Muthu baspam — 1 dram.

Mixed well and bottled up.

Dose: 5 to 10 grains B. D. with suitable anupanams.

Uses: Acts as a General and Nervous Tonic. It improves the blood also. Pandu, Sobai, Kamalai and impotency are cured. Heat of the body and Neuritis are relieved.

26. GENERAL TONIC CHENDURAM No. 2 FOR DIABETES MELLITUS AND OTHERS

1. Swarnavalai Rasachenduram — 1 tola
2. Purna chandrodhayam — 1 tola
3. Abreka chenduram — 2 tolas
4. Thiruvanga chunnam — 2 tolas
5. Kantha Iya Rasachenduram — 4 tolss

Mixed and bottled up.

Dose: 2 to 4 grains to be given with Dhadhbusti churnam gr. 10 and honey twice a day after food or with anyother suitable anupanams.

Uses: Diabetes and its complications are cured. General health is improved. Non-diabetes also can use this chenduram to improve general health.

27. GOWRI CHINTHAMANI CHENDURAM (Special)

Purified Patharasam
Purified Ghendagam
Fried Vengkaram
} Of each 2 oz.

To be rubbed well in a kalvam and mixed as per rules, made into bundles of Kottaipakku size. Next Kodivelliver pattai paste covered over the bundles dried and again covered with a paste of Wheat flour and Black gram flour and dried. Sand $\frac{3}{4}$ filled in a small pot, the bundles are kept buried in the sand, further sand is put over the bundle to fill up the pot mouth covered with an agal seelaiman made to the margin, a pit 6″ square is dug, vratties 5 or 6 are put in the pit, the pot kept **Inverted** over the vratties in the pit, the pot is now covered with vratties all round about 25 vratties and putam is applied. Next day on being cooled, it is taken out and only the medicine is secured which is well melted and formed into a Kattu each, without burning the silk into char and the wt. is well maintained. This process is picked up from an **Olaichuvadi**.

Dose: 2 grains B. D. with thirikatti podi about 3 fingersful and honey for one mandalam of 40 to 45 days.

Uses: and Anupanam refer to Siddha Vaidya Thirattu page-150. Particularly useful in Kapalasoolai or Headache of all kinds.

28. HYPERTENTION CURE (Special) OR CHANDAMARUTHAM No. 3

1. Jathilingam purified
2. Veeram purified
3. Rasakarpuram purified
4. Patharasam purified
5. Rasachenduram purified
6. Ghendakam purified

} These six ingredients are taken in equal parts or $\frac{1}{2}$ oz each.

Rubbed together in a kalvam with **Breast milk** for 3 days, dried, powdered and bottled up.

Dose: 1 to 2 grains to be given twice a day with Thrikadu churnam or Panchadeepagni churnam or B.P. Stablizer and honey or other suitable anupanams.

Uses: Hypertension, Cerebral Haemerrhage, or Cerebral thrombosis, Paralysis, Hemiplegia and all other Vadhic diseases are relieved or cured. This may also be given for all serious ailments, infectious fevers and Thiridoshic complications.

N. B. Similarly Chandamarutham Nos. 1 and 2 may also be given for the above diseases.

2) In place of Patharasam and Ghendakam we used our **Rasachenduram No. 3** (Swarnavalai rasa chenduram) $\frac{1}{2}$ oz and in place of raw Veeram and Rasakarpuram we used Veeram kattu and Puram kattu. Jathilinga kattuchenduram was used in place of Jathilingam. This is very efficacious and safe.

N. B. This process is more or less similar to Arumuga chenduram No. 2 (அகத்தியர் எடு).

29. JATHILINGA KATTU CHENDURAM (Special)

JATHILINGAM MASS is also used in place of Ulantha lingam and prepared into a JATHILINGAM KATTU CHENDURAM in the same manner as in the case of Ulantha lingam kattu chenduram. (Refer to No. 61).

Dose: For both the chendurams 2 to 4 grains B. D. may be given with THIRIKADUGU CHURNAM and honey or other suitable decoctions before food.

Uses: All kinds of Jwaram, Janni, Vathakaphanoi, Vatha kudachal, and joint diseases, Nasal catarrh & headache are all cured marvellously. This is considered a sexual Vigour Tonic or Thadhuvirthini. Every physician should have this chenduram always ready at hand.

Both for children and adults this chenduram is very useful.

Special Note : When given P.S.M.M. Baspam, Kasthuri chenduram and Thirikadugu or Thalisadi churnam and honey followed by Inji juice and honey, it works very quickly on all fevers and gives relief in 3 doses.

Note : In experience, it is found that a paste of Palingusambirani and Nattushudan is given kavacham to the above finished Jathilingam or Ulanthalingam and set fire to. On being cooled this is cleaned and this process is repeated 5 to 7 times. It then becomes a very efficatious chenduram wonderfully acting on all kinds of fever and janni etc. This Palingusambirani & Shudan paste Kavacham to Jathilingam or ulanthalingam mass & burning can be done either in the begining or at end.

30. JEEVALOKA CHENDURAM (Special)

1. Iyachenduram — 10 tolas
2. Kantha chenduram — 10 tolas
3. Lokha mandura chenduram — 10 tolas
4. Potrilaikayan churnam — 10 tolas
5. Sukku churnam — 10 tolas
6. Milaku churnam — 10 tolas
7. Thippili churnam — 10 tolas
8. Elakoi arisi churnam — 10 tolas
9. Jeeraka churnam — 10 tolas
10. Lavangam churnam — 10 tolas
11. Keezhkoi nelli samoola churnam— 10 tolas

(No. 1 to 4 specially prepared as mentioned below).

These seven ingredients No. 5 to 11 are mixed together rubbed with Potrilaikayan juice for 3 days, Villais are made, dried, powdered again and used in this process.

Then Nos. 1 to 4 ingredients and the compound churnam of 5 to 11 are well mixed together in a kalvam and bottled up. This is called ": JEEVALOKA CHENDURAM".

Dose : 5 to 10 grains may be given twice or thrice a day well mixed with honey or cow's ghee, or butter or other suitable anupanams.

Uses: Pandu, sobai, kamalai, mahodaram, including ascites and generalised or Nutritional oedema are cured. In week people this medicine will put on weight, give vigour and strength. In **Obesity** when given with honey this medicine reduces the bulk of the body and at the same time increases the tonicity. This is a very good specific for the relief of **acute or chronic Nephritis** when given with Vengkara chunnam, or Vediuppu chunnam, Lokhamandura chenduram, Vedi Annabedhi chenduram, Silajathu baspam No. 2 or 4 and Ascities cure churnam or decoction.

N.B: This may be also converted into **Jeevaloka melugu** by adding palm jaggery (Vide Chapter-8).

Nos. 1 to 3 preparations are mentioned in another place Vide Nos. 13, 35 and 43. Potrilaikayan churnam may be referred to under Chapter-8.

31. KADIKARA CHENDURAM No. 1 (Special)

1. Velli kadikaram — 1 part or 1 dram
2. Jathilinga kattu chenduram — 8 parts or 8 drams
3. Rasa chenduram No. I (or Rasa ghendi Thalaka chenduram) — 16 parts.

These three ingredients are rubbed together in a kalvam for one day and botted up.

Does: 1 to 2 grains may be given with THIRIKADUGU CHURNAM and honey or Inji juice or Thulasi juice and honey or other suitable anupanams.

Uses: Janni, Vathanoi, Hemiplegia, Facial paralysis, Cerebral thrombosis, Chorea and Cholera etc are cured. For cholera this is very effective during **cold stage.** Warmth is ensured, cramps are relieved, motions, vanthi perspiration and thirst are controlled.

32. KADIKARA CHENDURAM No. 2 (Special)

1. Vellikadikaram
2. Jathilinga kattu chenduram
3. Rasa chenduram No. 1 or
Rasaghendi-Thalaka chenduram

} Of each equal parts or about 2 drams each.

These 3 ingredients are rubbed together in a kalvam for one day and bottled up.

Dose, ANUPANAMS AND USES are the same as that of No. 1 Kadikara chenduram. This is a bit stronger than No. 1 Kadikara chenduram. This is a very useful in Cholera, Paralysis, Hemiplegia, Cerebral Haemorrhage and thrombosis etc. Perspiration is controlled. When given with Kasthuri chenduram.

33. KALAMEGA NARAYANA CHENDURAM

1.	Valairasam purified	—	20 tolas
2.	Ghendakam purified	—	8 tolas
3.	Jathilingam purified	—	10 tolas
4.	Thalakam purified	—	6&2/3 tolas or 20 p.w.
5.	Manoshilai purified	—	2&2/3 tolas or 8 p.w.

These are powdered, mixed together in a kalvam as per rules, rubbed with **Nava Uppu Dravakam** for 12 hours, allowed to dry with the kalvam, powdered again, placed in an agal, fried gently over charcoal fire until black smoke is avolved, removed from the fire then, allowed to cool down, powdered again and put in a suitable Amber coloured kuppi (to which seven layers of clay cloth are already applied, dried, and kept ready for this purpose) up to half of the level of the kuppi. This kuppi is then subjected to erippu in Valukam as detailed below.

The size of the Valukam chatty is 3/4 ft, wide and ½ ft. high. The mouth of the kuppi is closed with a suitable covering or piece of asbestus and clay cloth seven rounds is also applied to the margin of the lid and the bottle. The Valukam chatty is also covered with its pair and clay cloth seven layers are applied to the junction of both the chatties. Burning is done on the first day for 12 hours under deepagni and kamalagni and allowed to remain over the oven without burning during night. On the 2nd day burning is done for 12 hours under kamalagni and kadagni and allowed to remain over the oven for the night. On the 3rd day morning burning is done for 12 hours under kadagni throughout and then cooled, the kavacham is opened next day and. the chenduram is secured by break-opening the kuppi.

Does: 1 to 2 grains may be given with suitable combinations and honey or it may be filled in a capsule No. 3 size and swallowed twice a day before food.

Uses: All bronchial affections such as Kasam, Swasam, Kshyam, Eraippu, Ratbite asthma, Janni, Leprosy, and other skin diseases, Cancer, Ulcers of all types, Buboes, Carbuncles, Chilvisham (allergic dermatitis), Peenasarogam, Chest pain, Thamarakanoi (Heart diseases), Maradaippu, Kathadaippu, all diseases pertaining to joints, Mucles, Bones and nerves, facial paralysis, Paksha Vatham, Sarvanga Vatham, Nadukku Vatham, Mudakku Vatham, Sobainoi, all abdominal diseases and general debility are cured. This is considered an **Universal remedy** for almost all serious and complicated diseases.

Note: This is one of the best and higher class of Siddha Medicines meant for successfully treating serious and special diseases. There is no fear in handling this best chenduram which is more than an **Amirtham** when prepared and finished without much loss of weight.

34. KANTHA CHENDURAM No. 1 OR MALAJALA KALICHAL NIVARANI

1. Purified Kantham lb 0-8-0
2. Avarai Verpattai green and fresh, dried a bit in the shade and powdered weighing lbs 0-8-0.

Both these drugs are nicely powdered and mixed together in a kalvam, rubbed well with the **juice of Kumari** (Shotrukaththalai neer) for 2 or 3 days, Villai is made, dried, enclosed in a pair of erippu chatties, margin sealed with seven layers of clay cloth, dried and is subjected to erippu over a Vattaduppu (round oven) for about 12 to 16 hours. On being cooled, the chenduram is secured, weighed, powdered and bottled up.

Dose: 2 to 5 grains may be given twice or thrice a day with honey or other suitable anupanams.

Uses: Kalichal of all types is cured either profuse diarrhoea or copious urination or both.

Diet: Plenty of Buffalow's buttermilk is allowed.

Note: When Shotrukaththalai pulp is sprinkled with a little of Kadukoithole churnam, made into a bundle in a piece of cloth and hanged like Dholayanthram, the fluide is flowing below in a receiver. This is known as "Shotrukaththalai Neer" which is used here for rubbing the two ingredients.

Kantham Purification:

Usikantham one viss is taken. Horsegram about lb 1 – is made into a decoction as per rules and Usikantham is subjected to boiling by steam bath or by Dholayanthram until the decoction is almost dried and then the kantham is secured.

35. KANTHA CHENDURAM No. 2 (Special) FOR USE IN JEEVALOKA CHENDURAM

Purified Usikantham lb 0–8–0. This is placed in a kalvam, powdered, Acid sulphuricum or Ghendaka Dravakam 4 ounces is added, mixed well, exposed to the sun and dried. This is then rubbed with the **juice of Potrilaikaiyan leaves** for 2 to 3 days and dried in the sunlight with the kalvam.

Again, the above process of powdering, adding Acid sulphuric 4 ounces, mixing, drying, rubbing with the juice of Potrilaikaiyan leaves for 2 or 3 days are repeated. Villais are made, dried, enclosed in a pair of agals, clay cloth seven layers are provided to the junction of the agals, dried and subjected to putam with about 300 to 400 Vratties in a pit in an airtight compartment. On being cooled the chenduram villais are taken out, weighed and powdered.

Next, two more putams may be applied in the same manner as mentioned above **without using Acidum sulphuricum** for the 2nd and 3rd time. Rubbing with the juice of Potrilaikaiyan leaves for 2 or 3 days is done for the 2nd and 3rd putams. Villais are made, enclosed in a pair of agals and putam applied as before. Now it becomes a suitable chenduram for use in the preparations of **Jeevaloka chenduram** and for **Jeevaloka melugu.** This chenduram may also be administered independently in the same dose and for uses indicated in the case of Iyachenduram (Special) Vide No. 13.

36. KANTHA CHENDURAM No. 3

(Thanjavur Vaidya Raja Chinthamani)

(For Perumpadu, Pandu, Sobai, Kamalai, Erigunmam and Pithavayu etc.) **Usikantham** is purified 21 times by heating it Red hot in an Iron Karandi over charcoal fire and soaking it in the **juice of Kaiyan leaves** (fresh juice each time).

Next, it is rubbed in a Kalvam with the **same juice** for 2 days, thin Villai is made in an erippu and mud chatty, dried, covered with its pair margin sealed with seven layers of clay cloth, dried and burnt under heavy Kadagni fire for 36 hours with Karuvel fuels. On being cooled it is taken out, powdered and bottled up.

Dose: 2 to 8 grains or ½ to one panam weight B. D. with suitable anupanams.

(1) For Menorrhagia and Meterrorhagia M. M. Cure No. 1 or No. 2 about one gram may be added to chenduram and given with cow's butter or ghee, (2) When given with Cow's butter Karkandupodi ½ P.W. and Chenduram one panam weight. B.D. may be given Perumpadu is cured, (3) When given with honey, pandu,

Sobai and Kamalai are cured, (4) When given with "Elarisi churnam and honey, Eri Gunmam and Pithavayu etc. are cured in about ½ to one Mandalam".

37. KANTHA AYARASA CHENDURAM (Traditional)

1. Patharasam purified	—	1 part	or 2 oz.
2. Ghendakam purified	—	1 part	or 2 oz.
3. Iyapodi purified	—	2 parts	or 4 oz.
4. Usikantham purified	—	4 parts	or 8 oz.

These are powdered as per rules, mixed, rubbed well with Kumari juice for 3 days, Broad and thin Villai is made and dried. This is placed in an erippu chatty over a layer of Kumari pulp (Shotrukathali pulp or without it,) dried, upper chatty is covered over, clay cloth seven layers are provided to the margin, dried, wire is tied to the margin burnt over a round oven for 3 days from 8 a. m. to 8 p. m. daily as in the case of burning of Iya-Veeram. On being cooled the chenduram may be collected, powdered, weighed, and bottled up for use, while the sublimation (pathangam if any in the upper chatty) may be collected and preserved separately in a bottle for use while preparing this kind of chenduram in place of Patharasam in future date or the sublimed mercury and the chenduram may be subjected to another rubbing with the juice and chatty erippu as before **without kumari pulp** in the chatty.

Does: 1 to 2 grains may be given twice a day with suitable anupanams.

Uses : Pandu, sobai, kamalai, peruvaiyru, all Vayus, soolainoi, joint diseases, disinclination for food, anorexia, Vathanoi etc. are cured. This is one of very essential chendurams for all diseases.

38. KARUVANGA CHENDURAM (Traditional)

Purified karuvangam 1 lb. (purified in cow's urine 21 times) is taken. This is melted in an Irappu Kadoi or frying pan, krasam is given little by little with a mixture of **Shotrukathalaiver** and **Chirukeeraiver** cut into fine bits, of each about 1 lb, to which **Vediuppu** nicely powdered about lb ½ is added and properly mixed. Frying is done with an iron satwam under heavy fire, that is kadagni from the begining. This krasam and frying is continued for 3 or 4 days until the medicine is free from moisture, metal particles and becomes red in colour. Frying is to be continued even after the krasam powder is exhausted. The longer we fry over intense fire (red hot frying pan) the better will be the quality and colour of the chenduram. At times it becomes snuff coloured or of rose colour. It must be moisture free.

Note: If however the chenduram becomes moist on powdering, it is better to make thin Villais which are enclosed in a pair of suitable agals, clay cloth seven layers are made to the margin, dried and subjected to heavy putam with about 350 Vratties. On being cooled it is taken out, powdered and bottled up. It is now a very good chenduram. If however there are metal particles in the powdered chenduram after the putam, it should be rubbed with **Kumari juice** for 1 or 2 days, Villai is made and putam is applied as before. Better this is done after separating the metal particles from the previous powdered chenduram by straining through a piece of cloth if possible. If not the whole content may be subjected to rubbing with the **Kumari juice** and putam.

Dose: 2 to 5 grains B. D. may be given with honey or other suitable anupanams.

Uses: Leprosy of all types, Cancer, Psoriasis, Leucoderma, Eczema, Ringworm, Sevvattai kati, Chilvisham, allergic dermatitis, Cheyyankadi, Vandukadi, Karabalachirangu, Chori chirangu, Scabies, Megachori and Megappadai etc. are cured.

Diet: Liquid diet, salt and tamarind are better avoided, I have used this chenduram even without much of strict diet. This is one of the excellent medicines **skin lesions**.

Karuvangam Purification :

Karuvangam or Kariyam one viss is melted in a long tailed karandy, poured in komayam (cow's urine) and washed. This process is repeated atleast 10 to 21 times and washed. Each time fresh cow's urine should be used.

39. KASTHURI CHENDURAM (Special)

(a)	1.	Kasthuri (best quality)	— $\frac{1}{4}$ to $\frac{1}{2}$ tola
	2.	Pachai karpuram	— $1\frac{1}{4}$ tolas
	3.	Kungumappu	— $1\frac{1}{4}$ tolas
	4.	Gorojanam	— $1\frac{1}{4}$ tolas
(b)	5.	Kalameganarayana chenduram	— $1\frac{1}{4}$ tolas
	6.	Swarnavalai rasa chenduram	— $1\frac{1}{4}$ tolas
	7.	Manoshilaikattu chenduram or purified Manoshilai	— $1\frac{1}{4}$ tolas
	8.	Thalaka chenduram or purified Thalakam	— $1\frac{1}{4}$ tolas
	9.	Purakkattu baspam or purified Rasakarpuram	— $1\frac{1}{4}$ tolas
	10	Ulantha or Jathilingam kattu chenduram or purified jathilingam	— $1\frac{1}{4}$ tolas
(c)	11.	Thippili fine churnam	— 2 tolas
	12.	Omum fine churnam	— 2 tolas

All these ingredients are powdered, mixed in a kalvam according to groups a, b, and c, together. This is rubbed well in the kalvam until the compound becomes a very fine powder or chenduram. This is preserved in a stoppered bottle.

Dose: 1 to 2 grains twice or thrice a day may be given with honey or Breast milk or Inji juice and honey or other suitable anupanams.

Uses: Chalikattu, fever, cough, swasam, elappu (bronchial asthma,) Thamarakanoi, Rudravayu, marpunoi, fainting, convulsions or fits, moorthai, kaphavatha noi and Anterior poliomyelitis etc. are cured This is most useful as a **specific for bronchial and cardiac lesions**

including **Broncho and Lobar Pneumonia, Hypertension, Hypotension,** Cerebral haemorrhage and thrombosis. All sorts of Paralysis are readily responded to by this medicine.

Every physician should have a ready stock of this particular preparation.

N. B: This is much better than our **Kasthuri karuppu.** Group (a) medicines must be genuine and of superior quality. This is another **Universal remedy** for almost all diseases.

40. KSHAYAKULANTHAKAN CHENDURAM (Special)

1. Thalakam
2. Rasakarpuram
3. Manoshilai
4. Lingam
5. Ghendakam

All purified as per rules, each 3 tolas are taken.

1. These are rubbed with Vellai Erukkanpaul in a kalvam for 6 hours, Villai is made, dried, again powdered and subjected to Kuppierippu for 3 days as in the case of Kalameganarayana chenduram. On being cooled the chenduram is secured and weighed.

2. Next, Pavala baspam (prepared with Vellai Erukkanpaul rubbing and putam) 1/5th part of the above Kuppierippu chenduram.

3. Then Kalnar baspam (prepared with Vellai Erukkanpaul rubbing and putam) 1/5th part is also taken.

4. Kantha chenduram best sort 1/5th part.

5. Gold chenduram or Gold baspam - best sort 1/5th part of the above chenduram are taken.

All these five items are collected, mixed in a kalvam, rubbed with **Kattrazlai paul** (Kumari milk or milk of Aloes) for 3 hours, Villai is made, dried, Sangu baspam or Maruthampattai ash is placed in an agal, in the middle of the ash the Villai is placed, covered with another agal, seelaiman is made to the margin 7 layers, dried and subjected to very light putam with about 5 times the weight of the kavacham. On being cooled, the chenduram is taken out and weighed. If there be no less of weight it is well and good.

If however there is any loss in its total weight of 5 times, then the loss may be made good by adding No. 1 chenduram alone and the above process of rubbing with **kumaripaul** and very laghu putam is applied. Repeated if necessary until the total weight is kept up. This is possible in 3 to 5 repeated putams.

Dose : ½ to 1 grain B. D. with suitable anupanam for 3, 5, 7 or 10 days. Preferably with Thirukattu churnam and Honey or other suitable anupanams.

Uses : T. B. Lungs, Kasam, Swasam, Kayanoi and Consequent, General debility. It is advisable to administer this chenduram for 45 days with intervals of rest in severe cases.

Diet : Good nutritious diet depending upon digestive condition may be given. Goat's milk is advisable in good quantity in T. B. Lungs. This is one of the excellent medicines if it is properly prepared and finished.

41. LINGA CHENDURAM (Special)

Ulantha Lingam	—	2	Palams or 6 Tolas as a Mass.
Cow's ghee	—	½	Litre.

Lingam boiled in the ghee under Deepagni for 12 hours, then taken out, Lingam mass is cleaned well, powdered in a Kalvam nicely and bottled up.

Dose : One pinch for adults and less for children according to their age may be given with ghee twice a day for 2 months. No restriction in diet.

Uses: Vadakudaichal, Nervous debility, impotency, exhaustion, Laziness, Paralysis and infantile paralysis etc. are cured.

N.B: This Chenduram may also be given with suitable Lehiyams, such as Chittukuruvi Lehiyam, Mathanakama Lehiyam or Badham Halwa or Multivite Lehiyam.

42. LOHAMANDURA CHENDURAM No. 1.

1. Induppu
2. Shotruppu
3. Vediuppu
4. Attuppu
5. Valayaluppu
6. Purified Patharasam
7. Purified Ghendakam
8. Chukku churnam
9. Milaku churnam
10. Thppili churnam

Of each ½2 ounces or 6 tolas.

11. Purified Lohamanduram–25 ounces or 60 tolas

All these ingredients are nicely powdered as per rules.

(Patharasam and Ghendakam should be separately rubbed together until the compound becomes utter black in colour before being mixed together,) mixed in kalvam, rubbed with **Potrilaikaiyan juice** for 3 or 4 days, spread in a suitable mud chatty, dried in the sun, mouth covered with a suitable agal, clay cloth seven layers are provided to the margin, dried again and subjected to putam in a pit in an airtight compartment with about 300 Vratties. On being cooled, it is taken out the chenduram is secured and weighed.

Next, this chenduram is rubbed with **Karunthulasi leaves juice** for 3 to 4 days, Villais are made, dried, enclosed in a pair of suitable agals, clay cloth seven layers are provided to the margin, dried and subjected to a second putam as before with about 200 to 250 Vratties. Now it becomes a good chenduram similar to the colour of the neck featheres of peacock. (மயிலின் கழுத்து நிறம்).

Dose: 2 to 4 grains may be given with honey or other suitable anupanam twice or thrice a day. Neermulli kudineer or Mandurathi-Adai-Kudineer may be used as anupanam.

Uses: Pandu, sobai, kamalai, and ascites are cured. Liver and spleen lesions are also responded to successfully.

43. LOHAMANDURA CHENDURAM No. 2.
(FOR USE IN JEEVALOKA CHENDURAM)

Lohamanduram or Iya chittam purified lbs 1.8.0 is taken. This is powdered, placed in a kalvam, rubbed with the juice of Potrilaikaiyan leaves for 2 or 3 days, Villais are made, dried, enclosed in a pair of agals, clay cloth seven layers are provided to the junction of the agals, dried and subjected to putam with about 300 to 400 Vratties in a pit in an airtight compartment. On being cooled it is taken out and weighed.

Next, Two more similar putams are applied by using the same juice of Potrilaikaiyan leaves for rubbing and putam applied each time as mentioned under the first putam. Then it becomes a very good chenduram for use in **Jeevaloka chenduram** and **Jeevaloka melugu.** This chenduram may also be administered independently in the same does and uses indicated in Iya chenduram and Kantha chenduram (Special) Nos. 13 and 35.

44. MANOSHILAI KATTU CHENDURAM (Special)

Manoshilai (raw) about the size of a Nellikoi each, about 3 or 4 such pieces of Manoshilai katti are taken, enclosed in a suitable kuduvai in the midst of **purified egg shell powder** about 4 to 8 times the weight of manoshilai, suitable lid or cover is provided, seven layers of clay cloth are made to the junction of the cover and kuduvai, dried and putam is applied in a pit in an airtight compartment with about 10 to 12 Vratties. On being cooled it is taken out, opened and seen that manoshilai is melted and solidified into chenduram or pathangam inside the surface of the kuduvai. Both the kattu chenduram and pathangam may be carefully collected, this is powdered and preserved in a bottle.

Or in the alternative, instead of applying putam as above, it is also advisable to burn the kuduvai-kavacham over small flame of **Neem oil lamp** for about six hourse. Here also the kattu chenduram and pathangam may be obtained without loss in weight.

Dose: 2 to 4 grains may be given twice a day with **Vembu ennai** (Neem Oil) for 3, 5, 7 or 9 days.

Uses: Hemiplegia, Paralysis of all kinds, Cerebral thrombosis, Cerebral haemorrhage, Orchitis, Jannipatham, Valinoi and convulsions of all types are cured. Very useful medicine in Vatha diseases and fits.

45. PADIKARA CHENDURAM

Padikaram purified lb 0.10.0. to be powdered, placed in a chatty, heated and when it is being melted it would form cheese like (ஆடை) on the surface, with a knife spread the cheese (ஆடை) and make a pit in the cheese and in it. (2) Purified **Jathilingam powdered** - 1 oz. is placed and covered with the cheese. Another chatty is covered over the bottom chatty and heated continuously. When padikaram is free from moisture, it is removed from the fire, allowed to cool, powdered and bottled up.

Dose: 2 to 4 grains may be given with cow's butter or ghee or honey or other suitable anupanam twice or thrice a day.

Uses: Dysentery, Rakthabedhi, Seethabedhi, Menorrhagia, and Vanthi etc. are cured. This is useful in **Insomnia** to induce sleep. For relieving **persistnet Vomiting**, this chenduram is good either alone or with B. P. Stablizer and honey.

46. PATTUKARUPPU CHENDURAM (Special)

1.	Swarna Linga chenduram or Jathilinga kattu chenduram	— 1 tola
2.	Rasa chenduram No. 1 or No. 3	— 1 tola
3.	Ghendaka kattu baspam, Highly purified Ghendakam	— 1 tola
4.	Rasakarpuram kattu baspam	— ½ tola
5.	Thalaka baspam or chenduram or purified Thalakam	— ½ tola
6.	Veeram kattu baspam or Bhramasthram	— ½ tola
7.	Vellai-pashanam purified or Vellai-padana kattu baspam	— ¼ tola
8.	Kantha chenduram No. 2.	— 1 tola
9.	Pattuvasthram burnt up char or Pattuvasthra chenduram (Special)	— 6 tolas
10.	Lavanga churnam	— 2 tolas
11.	Kodiveliverppattai (green)	— 10 tolas
12.	Kodiveli leaves (green) for juice Q. S. or about lb	— 1 juice

Method of Preparation:

(1) Nos. 1 to 8 ingredients are finely powdered, mixed together, rubbed in a kalvam with No. 12 Kodiveli leaves juice for one day and made into a Villai. This is dried in the sun.

(2) Nos. 9 and 10 are mixed together, rubbed with the same juice for one day, kavacham is made with this paste to the above Villai and again dried, over this Villai about 5 rounds of pure **silk cloth** are better made.

(3) Next, No.2 kodiveliverppattai green is also rubbed in a grinding stone using the same leaves juice into a fine paste. This paste is given kavacham to the above Villai mentioned under para 2 over the silk layers and again dried.

(4) Over this 1 or 2 rounds of cloth smeared with wheat flour and black gram paste are also made and dried.

(5) Thereafter this kavacham made Villai is placed inside a suitable kuduvai or in a small chatty in the midst of **Puliyamparani** or **Maruthampattai burnt up ash** or in **Karachunnam powder** or **Sangku baspam**, pressed well, this kuduvai or the small chatty is covered with an agal or another chatty as the case may be, seven layers of clay cloth are provided to the junction of the chatties or the kuduvai and its covering, dried and placed under cover of 4 fingers thickness of sand in a pit or in a wide pot, 15 to 20 Vratties are used for putam over the sand. Next day on being cooled, the chatty kavacham is turned upside down and kept under cover of sand again as before and one more putam is applied with 15 to 20 Vratties as before, as in the case of Ghendaka-kattu baspam. Next day the kavacham is carefully opened and the medicine is collected removing the outer flour paste-smeared cloth only. The rest of the medicines including kodiveliverppattai kavacham is secured, powdered nicely and bottled up.

Dose: 2 to 4 grains may be given twice a day with Thirukadugu churnam and honey or other suitable anupanams.

Uses: Amenorrhea, Dysmenorrhoea, Scanty and irregular menses, Puerperal fever, jwaram, janni and convulsions etc. are cured. **This should not be given to pregnant women and cases of Menorrhagia and meterrorhagia.** This can be used for serious Vatha-kapha diseases with suitable anupanams.

47. PATTUVASTHRA CHENDURAM (Special)

Arakku pattu or other white pure silk cloth is secured, burnt into char, powdered, strained and bottled up.

Dose: 10 to 20 grains for a dose may be given twice a day well mixed with well ripe **mountain plantain fruit.**

Uses: Menorrhagia and meterrorhagia or other Uterine bleeding are quickly controlled and stopped. It hastens the cure when it is given combined with **Poonkgavi chenduram** and **Navar-kottaichurnam** in suitable does. (Refer to M.M. Cure under specifics chapter).

48. PONNIMALAI CHENDURAM (Special) No. 1.

Ponnimalai lb-1 is purified by keeping it soaked in Naratham Pazham juice or Lime fruit juice for a day, then washed with water and dried.

This is rubbed in a kalvam with **Arasam pattai fresh juice** for 2 days, Villai is made, dried in the sun, enclosed in a rubbed mass or paste of fresh Arasampattai about the size of a small coconut for each Villai of about 8 ounces, dried and is subjected to putam with about 300 Vratties in a pit in an airtight compartment. On being cooled, it is carefully taken out and in this first putam itself it becomes a fine and red chenduram, which is powdered and bottled up.

Dose: 2 to 5 grains may be given with cow's butter or ghee or honey or other suitable anupanams.

Uses: Pandu, Sobai, Kamalai, Spleen and liver enlargements and intermittent fever are cured. This is particularly useful in kalazar or kalajwaram.

49. POONGKAVI CHENDURAM

1.	Purified Poongkavi powder	—	10	tolas
2.	Fried Padikaram powder	—	10	tolas

Both these ingredients are rubbed together in a kalvam for 12 hours and then bottled up.

Dose: 5 to 15 grains may be given with cow's butter or ghee or honey or other suitable anupanams twice a day.

Uses: Menorrhagia, Meterrorhagia and Leucorrhoea in ladies, sobai (dropsy,) acities and dysentery etc. are cured.

Purification of Poongkavi :

Poongkavi lb-1 powdered, kept immersed **in pure rose water** for one or two days, rose water decanted if there is any such water in the Vessel and kept exposed to the sun to be dried completely. Then it is powdered and taken for use in the above process.

Purification of Padikaram :

Padikaram is kept soaked for a day in cowdung solution (பசுவின் சாணம்) cowdung made into a thick paste or kulambu or semisolid consistency by adding a little of cow's urine) and then washed with water. This is then dried, powdered, fried in a mud chatty until it is moisture-free and then powdered for use in the above process.

50. PURNA CHANDROTHAYAM

1.	Gold rekku	1 part	or 1	tola
2.	Purified Patharasam	8 parts	or 8	tolas
3.	Purified Ghendakam	16 parts	or 16	tolas

The gold rekku and mercury are rubbed together in a kalvam until both are well mixed up, then Ghendakam is added and rubbed well until the compound becomes a fine dark powder. Next, it is rubbed with (1) Karunthulasi juice for 3 days, dried, then rubbed with (2) Semparaththam flowers juice for 3 days dried, again rubbed with (3) Lime fruit juice for 3 days dried, again rubbed with (4) Manjal karisalai juice for 3 days dried, powdered again and put in a kasikuppi to which seven layers of clay cloth are already applied, dried, and kept ready for use. The powder should fill upto the capacity of half of the kasikuppi or less. In the absence of kasikuppi, honey coloured or amber coloured suitable size bottles may be selected. The mouth of the kuppi is kept closed with an odu or a piece of asbetos and seven layers of clay cloth are also applied to this mouth-piece with the kuppi and dried. This is then burnt in a Valukam (sand both) over a round oven as per rules for three days from 6 a. m. to 6 p. m. every day in the same manner explained under **Kalameganarayana chenduram.** No burning during night and the chatty is allowed to remain over the fire (தணலில்) during night. The Valukam chatty is also covered with another chatty and clay cloth seven layers are applied to the margin before burning. On being cooled, the kavacham is opened and the kuppi is break-opened. Inside, well melted and solidified chenduram without trace of gold chenduram reduction is secured which is weighed, powdered and bottle up. It is a fine chenduram without particles of gold in it for the naked eye appearance. There is not much loss in weight.

N. B: This gold chenduram has been made use of in Leper cancer cure No. 5.

Dose: 1 to 2 grains may be given twice a day with suitable anupanams with Karpurathi churnam and Vertilai juice. It is effective in cases of Kayanoi, Bronchial asthma, Ratbite asthma, Cancer, Leprosy, allergic dermatitis, worst skin diseases, Constipation, Dysentery, Grahani, Pandu, Sobai, Kamalai, Gunmam, Jwaram, Meganoi, Gonorrhoea, Leucorrhoea, Gleet, Soolainoi, Vathakudaichal, Vatha Piththa kapha diseases and Dhathu nattam etc.

Note: This chenduram may be used as a **Karpam.** It improves and strengthens the semen, acts as a nervine tonic, relieves impotency, improves blood and put on a beautiful facial complexion.

51. RASA CHENDURAM No. 1 OR RASA THALAKA CHENDURAM

1. Purified Patharasam — 6 tolas
2. Purified Ghendakam — 6 tolas
3. Purified Thalakam — 6 tolas

Rasam and Ghendi are mixed together in a kalvam as per rules, rubbed throughly well until the compound becomes utter black, placed in an agal, fried gently on charcoal fire until smoke ceases, placed again in the kalvam, added Thalakam fine powder, rubbed again with **Kandangathiri samoolam juice** for 1 or 2 days, allowed to dry with the kalvam, powdered again and is then subjected to kuppi erippu in a Valukam as per rules for six hours by means of deepagni and another six hours by means of kamalagni on the first day form 6 a. m. to 6 p. m. The chatty kavacham is allowed to remain over the oven that night without burning. On the second day the fire is continued as kamalagni for six hours and kadagni for another six hours. No more erippu is necessary.

On being completely cooled the next day the kavacham is opened, the kuppi is break-opened and the sublimed melted and solidified Rasa chenduram is secured, powdered which is red in colour, and bottled up.

Note: The kuppi should hold the powder of Rasam, Ghendi and Thalakam compound about half of its capacity; and the mouth of the kuppi should be covered with a piece of asbestus or palappakkal or odu which is also sealed with seven layers of clay cloth. The Valukam chatty is also kept covered with its pair, their margin in sealed with seven layers of clay cloth and dried. These are essential points to be noted. There is no loss of weight in the finalised chenduram if only all the above precautions are closely observed and the Erippu is properly done. This chenduram is equivalant to **Gold chenduram** in its effect on diseases.

Dose : 1 to 3 grains may be given with Thirikadugu churnam and honey or other suitable anupanams.

Uses : Kasam, Swasam, Kshyam, particularly swasakasam and eraippu noi, kaphavatha jwaram, megavayu, megavranam etc. are cured. It improves complexion and general health. A course of 3, 5 or 7 days at a time may be given twice a day.

N. B: For the purpose of Thontham or admixture of mercury and sulphur it is better to place an agal or chatty over charcoal fire or sand bath, place the sulphur powder in the agal, while it is being melted the mercury is added and Vigoursly stirred or kindled with a rod carefully until both mercury and sulphur together become well united and dark in colour. On being cooled, this medicine is scraped and used for the above chenduram or for any other Rasa chenduram. This is one of essential medicines.

(2) Frying after rubbing mercury and sulphur may also be done as mentioned in the process above.

52. RASA CHENDURAM No. 2 OR RASA PURA CHENDURAM

1. Purified Patharasam 2. Purified Ghendakam 3. Purified Rasakarpuram	Of each in equal parts or about 5 tolas each.

Ghendakam and mercury are made Thonthippu as mentioned under foot note of Rasa chenduram No. 1 or rubbed together in a kalvam until the compound becomes utter black and then fried gently and carefully in an agal over charcoal fire until the smoke ceases. Rasakarpuram is then finely powdered, added to the Rasam and Ghendi compound and ground well together for 2 or 3 days plain **without using any juice** or **other fluids**. This powder is ihen subjected to kuppi erippu in a Valukam in the same way as that explained under Rasa chenduram No 1. Deepagni 6 hours, kamalagni 6 hours on the first day and no erippu that night. Next morning burning is continued as Kamalagni for 6 hours and Kadagni for 6 to 9 hours. On being cooled the erippu-kuppi is break-opened and the sublimed chenduram is carefully secured, weighed, powdered and bottled up. There is no loss of weight. The colour is pure red. The mouth of the kuppi is kept closed by means of a Palappakal or a piece of asbestus which is also provided with seven layers of clay cloth as in the case of Rasa chenduram No. 1 and Kalameganarayana chenduram. The Valukam chatty is also kept covered with its pair and their margin is sealed with seven layers of clay cloth.

Dose: 1 to 3 grains may be given with Thrikadugu churnam and honey or with any other suitable anupanams twice a day.

Uses: Vranam, Sinuses, Fistula, Cancer, Leprosy, Other worst skin diseases, Syphilis and Perforating ulcers foot etc. are cured. This is effective in Vascular insufficiency of the foot.

53. SWARNA VALAI RASA CHENDURAM OR RASA CHENDURAM No. 3 (Traditional)

1. Purified Patharasam — 12 tolas
2. Purified Ghendakam — 6 tolas
3. Purified Thalakam — 3 tolas

Rubbed together in a kalvam as per rules for two days. Of course the longer they are rubbed together in kalvam the better it is for the finest finish of the Chenduram. This compound powder is put in a suitable amber coloured bottle N. M. or Kasi kuppi to which seven layers of fine clay cloth are already applied, dried and kept ready for use. The powder should occupy only about half of the capacity of the kuppi. The mouth of the kuppi is provided with a piece of asbestus or odu for covering and seven layers of clay cloth are made to the junction of the kuppi and this covering odu. On being dried it is subjected to burning in Valukam as per rules. The lower chatty containing sand and kuppi is covered with another upper chatty of its own size and capacity. Seven layers of clay cloth are also made to the junction of the two chatties. The kuppi inside the chatty is wholly covered with sand. It is then burnt for about 12 to 18 hours by deepagni, kamalagni and kadagni. During night it is kept on fire (தணலில்) without burning. On being cooled the kuppi is carefully taken out, scarped out of its clay cloth, cleaned, break-opened and the melted and sublimed solid medicine inside the kuppi which resembles that of **Jambul fruit** (Navar fruits) is secured. On being finely powdered in a kalvam it becomes an excellent red chenduram.

Note: This is a traditional process by which the chenduram is got without loss of weight.

Dose: 1 to 2 grains B. D. with suitable anupanams may be given. This may be used just like **Gold chenduram**.

Uses: This can be used for all diseases particularly Pulmonary, Tuberculosis and other lung effections, Fever, Skin diseases, Syphilis leprosy, Cancer, Bronchial astham, Viranams, Impotency and Seminal loss are also treated with this fine chenduram.

N. B: In our further experience we have used **Vediuppu Dravakam No. 1** for rubbing the three ingredients, dried, powdered and then subjected to kuppi erippu. This has become very fine red coloured chenduram.

54. VALAI RASA CHENDURAM No. 4 (Special) FOR DIABETES MELLITUS

1.	Valairasam purified	— 10 tolas
2.	Ghendakam specially purified	— 10 tolas
3.	Navaksharam	— 10 tolas

Ghendakam and Navaksharam are rubbed together for 3 hours. A kalayam about one messure capacity is taken, ½ of the Ghendi Navakshara compound is placed. A pit is made in it, the above purified Valairasam is placed therein. Over this Rasam is placed the remaining ½ of Ghendi-Navakshar powder. The mouth of the Kalayam is covered with a lid or agal, a small tiny hole is made at the middle of the covering lid or agal about the size of a dhall. The Margin is sealed with seven layers of cloth smeared with a paste of clay and brick powder in equal parts and dried. The hole on the lid is kept exposed and covered with a suitable cork.

Next, this Kavacham kalayam is burnt in an erippu chatty in the midst of sand (Sand-bath). The lid of the Kalayam alone is kept exposed without covering with sand.

The sand bath is burnt in a round oven by graded heat of Deepagni for 6 hours, Kamalagni for 6 hours and Kadagni for 12 hours. First white smoke comes out, later yellow smoke comes out, still later the cork catches fire or may stick up, At this stage the burning of the fire is increased further for about 3 hours more when the yellow smoke disappears and the hole gets blocked up. Now the burning is completely stopped and allowed to cool itself. The Kavacham is then opened and the melted and sublimed Rasa chenduram is secured separately, besides Navaksharam sublimed in and around the hole is secured and preserved separate for use as Navakshara Parpam.

Dose: Rasa chenduram 1 to 2 grains B. D. with Thirikadugu Churnam, honey, sugar and cow's ghee made into a Lehiyam consistency or anyother suitable Anupanams.

Indications:

This is specially useful in **Diabetes mellitus** and Diabetes inspidus. When given with cow's butter all kinds of Vayu, Jwaram, Joint affections, Meganoi, Cancer, Leprosy, Moolanoi, Pakandaram and all skin worst diseases are cured.

(2) **Navakshara Parpam** is used in all cases in which it is indicated such as Liver affections & Ascites.

55. SIVANAR AMIRTHAM No. 1

1. Patharasam purified	Of each equal parts or one palam or 3 tolas each.
2. Ghendakam purified	
3. Manoshilai purified	
4. Venkaram fried	
5. Irubi purified	
6. Karunabi purified	
7. Chukku churnam	
8. Thippili churnam	
9. Milaku fried churnam	— 8 parts or 8 palams or 24 tolas.

Nos. 1 and 2 are rubbed together in a kalvam for 1 or 2 days, until they become dark colour without mercurial shiny appearance, then the rest of the ingredients are added one by one grinding each time thoroughly well and finally this compound powder is ground continuously for seven to ten days, each day grinding for 9 to 12 hours. The longer this medicine is ground the better is the potency and quality of the medicine. This point should be borne in mind.

Dose: 2 to 4 grains B. D. may be given with honey or other suitable anupanams.

Uses: This medicine may be given as routine for all sorts of Thridoshic disorders (Vatha, pitha and kapha diseases) and it is particularly meant for jwaram, respiratory diseases, Gunmam, skin diseases, Delirium, Piles, Convulsions and Mahodaram etc. It is also used in my experience for Allergic dermatitis. By snuffing it is used in Aranaikadi, Scorpion sting and Convulsions in adults. Hysteria, Epilepsy, Tetanus and Eclampsia etc. are treated with this medicine plus Peranda parpam Nos. 1 & 2 combined.

Note: Instead of using raw Nos. 1, 2 and 3 in this compound, it is my experience to convert these 3 ingredients into regular mercury chenduram by kuppi-erippu in Valukam and then this chenduram is better added here equal to the total weight of these 3 ingredients.

This modification works better on diseases.

56. SIVANAR AMIRTHAM No. 2

Re

1.	Swarnavalai Rasa chenduram (in place of Patharasam & Ghendakam)	— 6 tolas
2.	Purified Manoshilai	— 3 tolas
3.	Fried Vengkaram	— 3 tolas
4.	Purified Nabi	— 3 tolas
5.	Purified Irubi	— 3 tolas

6. Chukku fine purified churnam — 3 tolas
7. Thippili fine fried churnam — 3 tolas
8. Milaku fine fried churnam — 24 tolas

Mixed and rubbed well for 7 days and bottled up.

Method of preparation **dose** and **uses** are the same as that of Sivanaramirtham No. 1.

57. SWAYAMAGNI KUMARI CHENDURAM (Traditional)

1. Purified Usikantham (Kantha chenduram is taken) — 1¼ oz.
2. Purified Iyampodi (Iya chenduram is taken) — 1¼ oz.
3. Purified Jathilingam — 1¼ oz.
4. Purified Ghendakam — 1¼ oz.
5. Fried Vengkaram — 1¼ oz.

These ingredients are taken in equal parts, powdered and mixed together as per rules. Rubbed with Shotrukathalai pulp juice for 2 days, Villai is made thin and broad in a bronze Plate or Uruli, kept exposed to the hot sun for 1 or 2 days in April or May.

Next day, again rubbed with the same juice, Villai is made and kept exposed to the sun as before for 1 or 2 days.

The same process of rubbing with the above juice and exposing to the sun may be repeated 3 more times, then powdered and bottled up.

Dose: 2 to 4 grains to be given with Thirikadugu churnam or Panchadeepagni churnam and honey or other suitable lehiyam or other anupanam twice a day for 1 to 2 weeks. Inji juice, honey and karkandu may be also used as anupanam.

Uses: Ashta Gunmam, Soolai noi, Pandu, Sobai, Kamalai, Peruvaiyaru, Vanthi, Buboes, Vranams, and skin diseases are cured.

Diet: Depending upon the nature of the diseases, Tamarind free diet may be adopted. Very useful medicine in very many diseases.

58. THALAKA KATTU KARUPPU OR THALAKA KARUPPU (Special)

(1) Purified Talakam 8 tolas nicely powdered in a kalvam.

(2) Nathai-flesh (snail flesh-obtained after boiling for a while fresh snails in water to which a few pinches of salt is added and then the flesh is taken out and used in this process) 8 ounces or 20 tolas. This boiled flesh is rubbed into a very fine paste in a grinding stone. Thereafter both the Thalakam and the fine paste of snail flesh are rubbed together in a kalvam for a day, Villai is made, dried thoroughly well for 3 or 4 days, when it gives a metalic sound on tapping, enclosed in the midst of Puliam-Purani or Marutham pattai burnt up ash or Sangku baspam in a pair of suitable agals, clay cloth seven layers are provided to the junction, dried and putam is applied in a pit in an airtight compartment with about 50 Vratties.

Next day on being cooled the medicine, Villai is taken out and weighed. There should be no loss in its original weight. It is solidified into a kattu which may be used as kattu or as powder and bottled up. It is blackish in colour.

Dose : 2 to 4 grains may be given B. D. with ghee or honey or other suitable anupanams.

Uses: Kasam, Swasam, Kshyam, Eraippu, Jwaram, Ratbite asthma and Eusinophilia of Luny etc. are relieved. Particularly it is effective in Bronchial asthma.

N.B: Some people apply putam in a pair of agals without any basic powder for enclosing the Villai. When it is burning partly, it gives out Thalakam smell and at once they remove the Kavacham from the fire and sprinkle water over it. **This is very bad.** What is stated above is the best method to arrive at a best medicine.

59. THIRILOKA CHENDURAM

1. Iyam Purified 2. Abrekam Purified 3. Kantham Purified 4. Ghendakam Purified	Of each 1 part or 2 oz each.
5. Patharasam Purified	— ½ part or ½ oz.

All are mixed as per rules. Add: Purified Puneer 1 oz. during rubbing with (1) Lime fruits juice for 12 hours, Next (2) Potrilaikaiyan Juice for 12 hours. (3) Chiru Chiruppadai Juice for 12 hours and (4) Shotrukathalai (Kumari Juice) for 12 hours.

Then it is made into Villai, dried enclosed in a pair of agals, applied seven layers of clay cloth to the margin and subjected to putam with 100 Vratties.

Next, it is taken out, added, **Lingam purified** 1 palam and rubbed with **Kumari juice** for 24 hours, Villai is made, dried and subjected to putam with 30 Vratties. Now the Chenduram is red, (Similar to the colour of Arunan or Sun).

Dose: 2 to 4 grains may be given twice a day with Amirthasanjeevi Churnam and honey for **Diabetes mellitus.**

Uses: Pandu, Piththam 40, Meganoi 21, Vayus, Internal Heat and Cough etc. are cured. Body becomes cool.

Note: We have prepared the above Thirilokha-Chenduram as follows:

1. Iya Chenduram	— 2 oz.
2. Abreka Chenduram	— 2 oz.

3. Kantha Chenduram — 2 oz.
4. Swarnavalai Rasa Chenduram — 2 oz.
5. Ulantha Linga Chenduram — 2 oz.

All these are mixed together and bottled up.

Does and **Uses** are the same as above.

60. THURUSU CHENDURAM No. 1 (Special)

Black hair of man is secured, cleaned with the paste of soapnut powder (சீயக்காய்த்தூள் or அரப்பு) and washed thoroughly well with water. This is dried and one palam of this purified hair punch is taken. This is wraped round one palam of Mylthutham (Copper sulphate crystal) and tied with a twine or wire. A pair of suitable erippu mud chatties are taken, in one of which four fingers thickness of plain sand is spread, the copper sulphate kavacham is placed in the centre of the sand and further sand is put up to the brim of the bottom chatty. This is covered over with its pair, seven layers of clay cloth are provided to the margin, dried and is burnt over round oven for six hours in the form of kadagni. On being cooled, it is opened, the copper sulphate chenduram is carefully secured, placed in a porcelein dish, next day it becomes fine chenduram. This is powdered and preserved in a bottle. This is equivalent to **Copper original chenduram** in effect.

Dose: $\frac{1}{2}$ to 2 grains may be given once or twice a day with Thirikadugu churnam and honey or other suitable anupanam up to 3 to 6 doses.

Uses: Gunmavayu, Peruvaiyru, particularly ascites, Leprosy, Cancer and over so many chronic ailments to which copper is indicated are cured. This is a very excellent medicine.

Note: Lingam can also be prepared into an excellent Linga kattu chenduram by adopting similar method as that of copper sulphate chenduram.

61. ULANTHA LINGAM OR JATHILINGA KATTU CHENDURAM

1. Ulanthalingam as a mass (கட்டியாக) weighing 24 tolas is taken.

2. Padikaram 24 tolas is also taken.

No. 2 Padikaram is rubbed into a paste with Kodikkallipaul (or what is known as (பாய்ச்சான் பால்) and kavacham is made with this paste to No. 1 Ulanthalingam mass. This is dried well in the sun for 3 or 4 days.

2. Lavangam churnam about 30 tolas is taken, put half of this powder in a suitable kuduvai, Lingam mass kavacham is placed over it, again the remaining half of Lavangam powder is placed over and round about the Lingam kavacham covering it completely and pressed well with our fingers. The mouth of the kuduvai is provided with a suitable lid or agal, seven layers of clay cloth are provided to the margin, dried, a wire is tied fixing tightly the cover with the kuduvai (lest it may at times explode during burning and the lid may not be thrownout) and is subjected to putam with about 100 Vratties in a pit (or in a big mud pot broken at the bottom and placed inverted) in an airtight compartment. On being cooled the next day the kavacham is opened, the Lingam kattu (which is melted, well burnt and easily separates like wiry crystals) is carefully separated from the burnt-up char and secured. This is then weighed, powdered and bottled up.

Note: There is no loss of weight of the Lingam in the process. We got 23½ tolas of chenduram. (2) Refer to the note under Jathilinga kattu chenduram No. 29.

N. B: Better to purify the Lingam mass with the paste Kavacham of Shampirani and Shudam by burning is 10 repeated times. Thereafter the above process may be commenced. The same is applicable to Jathilingam also.

62. LINGA KATTU CHENDURAM (Special) No. 2

Lingam (கட்டியாக) Ghendakam Thalakam	Of each equal parts of 2 oz. each.

Nos. 2 & 3 are powdered, mixed together half of this compound is put in a suitable amber coloured bottle to which seven layers of clay cloth are already made and dried, over this powder Linga kattu is placed and the other half of the powder is placed over it. This much should occupy less than half of the kuppi, mouth of the kuppi is covered with a lid to which seelaiman is also made. This is subjected to kuppi erippu for 12 hours or even more in the same manner as that of Purnachandrodhayam or Rasachenduram No. 3. This kattu is taken out and melted in an agal over Caster Oil lamp-wick burning and the adherent char over the Lingam mass is removed. Wt. will never be lost by this method. Also Surul thangam may be covered over Lingam at the begining and then burning is made as before. This becomes Swarna Linga kattu.

63. ABIN - LINGAM COMPOUND (FOR DYSENTERY)

Lingam, Athi Vidayam, Abin, Porikaram, Omum.	Of each 2 Kalanju.

To be fried and powdered. Mixed and bottled up.

Dose : 2 to 4 grains with honey 2 or 3 times a day.

Uses : Dysentery and Diarrhoea are cured.

64. AYA CHENDURAM (Special) ஏடு.

1. Purified or Ayam filings	— 3 lbs.
2. Seendilkodi 3. Kadukoi-thole 4. Nellivartal 5. Thandrikoi-thole	Of each 8 ozs.

No. 1 to 5 are put in a mud pot, Navarpazham juice one Madras measure and Navarpattai juice one seer (or its decoction) or 8 oz - are added, stirred well, mouth covered with an agal seelaiman is made and set a side for 2 months without shaking. It should be kept at rest in the shade. Iron becomes softened in the presence of the other astringent ingredients. Then it is opened, kept exposed to hot sun to be dried, next fried in an iron pan until it becomes a red chenduram. Colour is like that of Mathulai flowers.

Dose: 3¾ Kundri wt. B. D. with ghee or butter or honey or other suitable anupanams.

Uses: Mathumegam, Kamalai, Sobai, Pand, Perumbadu, Piththa pandu etc. are cured. Body becomes strong and life is extended.

65. ARUMUGHA CHENDURAM No. 2 (அகத்தியர் எடு)

1. Purified Patharasam	— 1	oz.
2. Veeram	— 1	oz.
3. Rasakarpuram	— 1	oz.
4. Ghendakam	— 1½	oz.
5. Jathilingam	— 2½	oz.
6. Rasa chenduram	— 2½	oz.

To be rubbed well in a kalvam as per rules for 2 Jamams. Then again to be rubbed with Breast milk for another 2 days, allowed to dry in the shade, powdered and bottled up. I have not used Brest milk, yet it is alright.

Dose: 3¾ Kundri size B. D. with Thirikadu and honey.

Uses: Gunmam 8, Valinoi 8, Janni, Thamaraganoi 8, Blackening of palms, Skin diseases, Soolainoi, Abscesses, Diabetes Mellitus (Meganoi-21) Vatham 84 and ever so many serious diseases are cured with suitable anupanams. Very useful in Hypertension when given with B. P. Stabilizer churnam.

Diet: Milk, Curd, Dhall, Salt, Vendayam, Jeerakam, Valuthalai koi, Chirupayaru (Pasippayaru or Green Dhall) are allowed.

N. B: This process is more or less to Chandamarutham No. 3.

66. LINGAM, GHENDI CHENDURAM OR PYREXIA CURE (எ௫)

1. Purified Ulantha Lingam	—	26 grams.
2. Purified Ghendakam	—	26 grams.

Rubbed well in a kalvam for 2 days and bottled up.

Does: Panam weight or 3¾ Kundri wt. B. D. for 3 days with Inji juice and honey.

Uses: All Jwarams are definitely cured.

67. THAMBIRA CHENDURAM No. 1 (Special) எ௫.

1835 Copper Simmam Coins to be taken and beaten into fine plates – Copper Sulphate is taken separate in a mass, kept in a dish soaked with white of egg and kept exposed to the sun. It melts and in it Thalakam in bits is put and dried in the Sun. Next this Thalakam with Copper Sulphate is taken, rubbed with Vel-Erukkam paul into a paste for one day and Kavacham made with it to copper plates and dried. An agal is taken and smeared with Mookarani Charanaththi leaves rubbed into a paste and dried.

Next Ghendakam is powdered, half of it is put in an agal, over this the Copper Kavacham is placed and over this again half of Ghendakam powder is put. The agal is covered and seelaiman is made to the margin, dried and subjected to putam (Varagaputam – big size). On being cooled the Copper plates are found Chenduram. In one putam Chenduram is very fine.

Dose: 3¾ Kundri or 1 பண எடை of Copper Chenduram is given with suitable anupanams.

Uses: All kinds of Gunmam including Carcinoma of the internal Viscera and Leprosy are cured.

68. THAMBIRA CHENDURAM No. 2 (Special)

1.	1835 Simman Coins 3 Quarter anna coins weighing is taken	— 6 drams
2.	Thurusu	— 1½ oz.
3.	Thalakam	— 1½ oz.

Nos. 2 & 3 are rubbed with white of eggs and dried. Then rubbed with Erukkampaul for one day. Kavacham made to the coin plates, dried. In a pair of agals Mookaranai Charanai leaves rubbed paste is placed, over this Ghendakam powder placed, Kavacham is placed over Ghendakam, again put Ghendakam powder and covered with its upper agal to which the Charanaththi paste is rubbed or kept. Seelaiman 7 layers is done and allowed to dry well. Subjected to putam in a pit with 1500 Vratties in an airtight compartment.

Again rubbed with Potrilaikaiyan Juice and putam. Now it has become a fine chenduram.

Dose: ½ to 1 grain B. D. with Jathikoi decoction or other suitable anupanams.

Uses: Gunmams, Leprosy, and Cancer etc. are cured in 20 days.

69. THAMBIRA CHENDURAM No. 3 (Special)

1.	Already subjected to brittleness (மான் செவிக் கள்ளிப்பால் 2 oz & வெள்ளைச்சாறு, வேளைச்சாறு 2 oz சுருக்கு) weighing	3 ozs. Copper plates.
2.	Copper Sulphate	— 2 ozs.
3.	Thalakam	— 2 ozs.

Nos. 2 & 3 rubbed with white of eggs, Kavacham made to the Copper brittle plates, dried, Mookaranai Charanaththi leaves rubbed paste is placed in a pair of agals, Ghendakam powder placed over this, the Kavacham is placed and again Ghendakam powder is covered, upper lid is covered, seelaiman is made and subjected to Gajaputam. Two more putams by rubbing with Karunthulasi juice and again two more putams by rubbing with Potrilaikaiyan juice were made as per rules. Finally the Chenduram has become very fine. Weighing $3\frac{1}{4}$ ozs.

Dose and **Uses** are same as that of Thambira Chenduram No. 1 & 2.

70. THAMBIRA CHENDURAM SPECIAL No. 4 OR BASPAM

1835 Copper Simmam coins to be taken beaten into thin plates-Adathodai ver pattai, Vennochi ver pattai are secured quantity sufficient - each equal part, to be then rubbed with VELLAI ERUKKAM PAUL in a fine paste. Kavacham is made with this paste to the Copper plates, dried in the sun, enclosed in a pair of agals, clay cloth 7 layers are provided to the margin, dried again and subjected to Gajaputam about 1500 Vratties. On being cooled it is taken out and fine Copper chenduram is found by a single putam.

This is powdered and bottled up.

Dose, Uses and anupanam are the same as that of Thambira chenduram No. 1 to 3.

As a special case, in case of Gunmams this special Copper chenduram is given with ASHTA CHURNAM and HONEY morning and evening.

All Gunmams, Vayus and Soolainoi are Miraculously cured.

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CHAPTER-3

CHUNNAMS

1. CHITRANDA - ODU CHUNNAM No. 1 OR ANDA - ODU CHUNNAM No. 1

Chitranda odu (சிற்றண்ட ஓடு) is secured about lb 1 or quantity sufficient, purified by boiling in mixed solution of Puneer jalam (ie. 4 ounces of puneer dissolved in water lbs 4) and liquor calcis (or Karachunna Neer) in equal parts, then washed with water, removed of its memberanes (சவ்வுபோக்கி) and dried.

This purified Chitranda odu is kept soaked in the juice of **Kuppaimeni** for 1 or 2 days in a dish and then kept exposed to the sun to be dried. Next, this odu is powdered in a kalvam, rubbed with Kuppaimeni leaves juice for one day, made into small villais and subjected to putam in a pair of suitable agals in a pit in an airtight compartment with 200 Vratties. On being cooled the next day, it is taken out, weighed, powdered and bottled up. This becomes an excellent chunnam in a single putam as mentioned above. This is meant for preparing "**Anda Odu Gowri Baspam**".

Dose: This Anda chunnam 2 to 5 grains may be given twice a day with Thirikadugu churnam or Kalarchiviththu churnam or Ashta deepagni churnam and honey or cow's ghee or other suitable anupanams.

Uses: All kinds of Anda Vayu including Orchitis and Bronchial Asthma are cured.

2. CHITRANDA CHUNNAM No. 2

Chitranda Odu purified in the manner mentioned under Chitranda Chunnam No. 1 is taken about lb-1 kept soaked with Vellaierukkan paul (வெள்ளை எருக்கம் பால்) for 1 or 2 days, rubbed in a kalvam with the same Vellai erukkan paul, Villai is made and subjected to putam as per rules in a pair of suitable agals in a pit in an airtight compartment with about 200 Vratties. On being cooled the next day, the kavacham is opened and a fine chunnam is secured.

(2) This is again rubbed with white of eggs (Nos. 25 eggs) for one day, Villai is made and putam is applied in suitable agals with about 150 Vratties. If the colour and fineness of the chunnam are alright it may be powdered and bottled up for use. If however the colour and fineness are not satisfactory, it may be subjected to one more putam by rubbing with white of eggs. Viththu churnam or Ashta deepagni churnam and honey or cow's ghee twice a day.

Uses: All kinds of Anda Vayu including Orchitis and Bronchial Asthma are cured.

3. CHITRANDA CHUNNAM No. 3

(For preparing "Muppu cum Andaodu Abreka Chunnam".)

Chitranda Odu purified in the manner explained under Anda odu chunnam No. 1 may be taken about lb 1. This is kept soaked in Kuppaimeni leaves juice for one or two days, then kept exposed to the sun to be dried, powdered in a kalvam, rubbed with Kuppaimeni leaves juice for one day, Villai is made and is subjected to putam in suitable agals as per rules with about 200 Vratties. On being cooled the next morning, it is taken out, placed in a dish poured in it **Elakkalli leaves juice** (இலைக்கள்ளி இலைச்சாறு) and kept soaked for a day and then dried in the sun. It now becomes a strong **Andaodu chunnam**. This may be used for preparing "MUPPU CUM ANDA ODU ABREKA CHUNNAM".

However it may be once again rubbed with Elaikkalli leaves juice for one day, Villai may be made and putam applied as before in suitable agals. On being cooled, the chunnam may be secured which becomes an excellent chunnam for internal use also.

Dose, uses and Anupanam are the same as that of other Anda odu chunnams Nos. 1 & 2.

This acts as Anti-Diabetic also when it enters into the preparation of Muppu Cum Andaodu Abreka chunnam.

4. CHITRANDA CHUNNAM No. 4 OR SWASAKASA NIVARANI (Traditional)

Hen's eggs No. 2 (கன்னிக் கோழி முட்டை is preferable), drilled at the top, put inside little of Alum powder, placed in a dish over three small stones (முக்கூட்டுக் கற்களின் மீது வைக்கவும்), let the eggs be kept with the opening upward, then lime juice is poured in the dish just enough to keep the eggs well immersed in the juice, kept exposed to very hot sun until the eggs become melugupakam, then rubbed in a kalvam, made into a Villai, enclosed in a pair of agals, seelaiman is made dried and subjected to putam with 100 Vratties.

Dose: 2 to 5 grains may be given twice a day with Thirikadugu churnam and honey or other suitable anupanams.

Uses: All kinds of Bronchial Asthma (Swasakasam, Mantharakasam & Pakkamanthrakasam, or Eraippu,) Orchitis, Nervous debility, Impotency, and Hernias (Kudalvayu or Pakkavayu) are cured.

5. SARVANOI SANKARA KADIKARA CHUNNAM No. 1 OR COMPOUND KADIKARA MERCURY CHUNNAM

(Traditional)

(a)	Kariuppu (common salt)	— $1\frac{1}{2}$ Madras measures
	Tender Coconut-water about	— $\frac{1}{2}$ Madras measure

These are rubbed together in a kalvam into a paste and made into a big bolus or ball. This ball of salt is kept in a wide mouth erippu chatty, a pit is made in the ball of salt, allowed to dry in the sun and the following drugs are then taken seperate:

(b) Ghendhi Veeram Lingam Rasakarpuram Thalakam Vellaipashanam Gowri pashanam	These seven ingredients of each 5 P.W. (purified ingredients) are taken, rubbed with Erukkan paul (Arkaksheeram) for one day, made into a suitable kugai and cover, in the cover 5 holes are perforated and allowed to dry in the shade.

(c) Then we have to prepare laghu or "**simple kadikara chunnam**" as follows:-

Red Amman Pacharisi or Chithrapaladai samoolam is secured, rubbed in a grinding stone into a fine paste without using water and taken about the size of a mango. Out of this mass, half of the quantity is placed in a small mud kuduvai, dipped in the paste mass small pieces of **SILVER NITRATE STICKS** about 5 p.w. without touching each other and the other half of the rubbed paste mass is placed over the kadikaram sticks. The kuduvai is thus filled with the herbal paste, pressed gently, the mud kuduvai is covered with a lid, seven layers of clay cloth are made to the margin, dried and is subjected to putam with about 10 Vratties in a pit in an airtight compartment. After it is cooled, it is taken out, the chunnam thus formed is of ASH COLOUR, at times WHITE and stands to the test of turmeric as chunnam. Sometimes the putam while it is under fire may explode and in that case the kavacham may be taken out, clay cloth renewed and again subjected to putam as before. To prevent explosion, it is better to wind the lid and the neck of the kuduvai with a suitable WIRE and tied. This stands quite alright during burning and it does not explode or give way. If the fire becomes excessive, at times the Silver Nitrate gets reduced into SILVER PARTICLES and if the fire is less, the medicine mass is not well burnt and the chunnam is BLACK in colour. Hence the estimation of vratties to the size of the kavacham should be appropriate. This chunnam is said to be "Simple or Laghu Kadikara Chunnam". This simple kadikara chunnam may be used in 1 to 2 grains dose internally in serious diseases with good effect.

Next, with this chunnam as the basis, we have to prepare "**Compound Kadikara – Mercury Chunnam**" as follows:-

(d) **Purified Patharasam** 20 p. w. is poured in the medicinal-kugai mentioned under (b) above, **Laghu kadikara chunnam** mentioned under (c) is added to the purified mercury in the medicinal-kugai, an ounce or two of "**Kodaka Salai leaves juice**" is sprinkled over it, the medicinal kugai is covered with the perforated medicinal cover mentioned under (b) and this medicinal kugai containing mercury and kadikaram simple chunnam is placed in the pit of the salt mass already kept in the erippu chatty mentioned under (a) above. Big crystals of common salt are placed over the surface of the kugai thus entirely covering the medicinal-kugai and the bottom erippu chatty is then covered with its pair of upper chatty. This upper chatty is better treated first by smearing inside with the juice of "Mulmurungai leaves" and dried. This is repeated several times before being used as a covering for the erippu chatty. This coating of the juice inside the covering chatty is done in order to close up all minute pores in the new mud chatty.

Thereafter, seven layers of clay cloth are made to the junction of the erippu chatties, dried placed over Vattaduppu or round oven and burnt for 10 to 12 hours each of deepagni, kamalagni and kadagni (total of about 30 to 36 hours). On being cooled, the chatty is gently removed from the oven, placed flat on the floor and the kavacham is carefully removed. The white sublimation (pathangam) in the upper chatty inside and on the sides of the bottom chatty is carefully collected with a suitable brush, powdered, weighed and bottled up. This is what is known as "**Compound Kadikara Mercury Chunnam**".

Dose: $\frac{1}{2}$ to 1 grain may be given twice a day in capsules or palm jaggery for a period of 3, 5, 7 or 9 days depending upon toleration of the patient and severity of the disease. This may also be given with Breast milk for those who are unabls to swallow the capsules.

Doses: This chunnam is said to be an **Universal Remedy for all Diseases**. This is the reason why it is otherwise called "**Sarvaroganivarana or Sarvanoi Sankara Kadikara Mercury Chunnam**". Pyrexia, Sannipatham, Vayu. Kapha diseases, Fits or Convulsions. Moorchai, Vadharogam, Cerebral thrombosis or Haemorrhage, Hemiplegia, Leprosy, and Cancer etc. are cured. It is worth while giving 1 or 2 doses of this chunnam in the begining of the treatment of all diseases as a rule, to prevent complications and hasten recovery. This is a **Traditional Process** offered by a **Sanyasi or Koshayee** and not found in books in the manner explained herein. This does not produce Mercurialism.

(2) In the bottom chatty, the burnt up medicinal kugai and cover (not the salt mass) may be collected separate, powdered and preserved in a bottle. This is more or less a chenduram which may be administered in 1 to 2 grains dose in capsule or other suitable anupanam for the same complaints as in the case of "**Sarvanoi Sankara Kadikara Mercury Chunnam**".

6. KADIKARA CHUNANM No. 2 (Special)

A Vault of the skull of a dead man is secured, purified by being boiled in puneer and karchunna neer, washed well and dried in the sun. This purified skull is pounded in an iron mortar with a crowbar into a nice powder, rubbed with Velipparuthi leaves juice in a grinding stone into a fine paste, then made into a kugai and cover and dried.

Next, **Silver Nitrate Sticks** are secured, coated first with the **milk of Valipparuthi leaves** dried, repeated several times for 3 days and again coated with the **milk of Chitrappaladai**, dried, repeated several times for another 3 days. These silver nitrate sticks are placed in the kugai and covered with its own upper Villai. Clay cloth seven layers are made, dried and the kavacham is subjected to a putam with 100 Vratties in a pit in an airtight compartment. On being cooled it is taken out. The white kadikara chunnam is secured together with the Perandam baspam, both together are powdered and bottled up.

Dose: 2 to 4 grains may be given twice a day with suitable anupanam.

Uses: Same as that of No. 1 Sarvanoi Sankara Kadikara Mercury Chunnam. This is particularly useful in **Mental diseases.**

7. KALANANDA GOWRI RASA KARPURAM

(a) Velai Rasam or Patharasam — 2 palams or 6 tolas

(b)
1. Ghendi
2. Thalakam
3. Vellai pashanam
4. Veeram
5. Mylthuththam
6. Usikantham
7. Gowri pashanam
8. Lingam
9. Manoshilai
10. Rasakarpuram

These ten drugs under (b) group of each 2 Kalanju or 2½ p. w. to be taken, nicely powdered in a kalvam, mixed together, rubbed with **Andaerukku jayaneer,** made into a small but thick kugai and cover, dried and kept ready. To the cover or the lid 4 or 5 small holes should have been perforated while it was moist or before being dried. (c) Then secure a pair of strong and wide mouthed erippu chatty. Common salt may be taken, finely powdered, placed about 4 or 5 finger thickness in one of the chatties and pressed well. The medicinal kugai mentioned under (b) may be placed in the centre of the salt and mercury mentioned under (a) may be poured in it and covered with its medicinal perforated lid. Big, lens-like crystals of salt may be placed over and all round the medicinal kugai and lid for about 8 inches in thickness. Next, the upper chatty is covered over, (which should have been treated previously by smearing with **Karisalai juice** and dried, repeatedly done at least 5 times), clay cloth seven layers are provided to the margin of the chatties and dried. It is then burnt over Valaduppu or Vattaduppu in any one of the months of Ani, Adi, Avanai, Purattasi, for 12 hours each of deepagni, kamalagni and kadagni. It is allowed to cool itself and opened carefully by the white or whitish red sublimation inside the upper chatty and on the sides of the bottom chatty is carefully secured with a brush, powdered and preserved in a stoppered bottle. This is known as **Kalananda Gowri Rasakarpuram.**

Dose: $\frac{1}{4}$ to 1 grain may be given in capsule or palm jaggery once or twice a day according to the toleration of the patient and severity of the disease for 3 to 5 days.

Anupanams & Uses: Honey, palm jaggery, sugar, cow's milk or Breast milk, butter, fried rice flour may be used as anupanam. However mercurial preparations may be enclosed in empty gelatin capsules with a little sugar or jaggery and swallowed with water.

Note: It is said in the old works that Vellai-rasa karpuram and Kalananda Gowri Rasakarpuram may be mixed in equal parts and administered as mentioned above.

Diseases cured:

Soolainoi, Leprosy, Cancer, Meganoi, Tetanus and other convulsions, joint diseases, Gunmam, Stomachache, Vathanoi, Vishaneer, Skin reshes, Syphilis, Vranam and ever so many serious diseases are cured. This is rather an **Universal remedy** for all diseases. This should be handled very cautiously.

In order to mitigate the virulence of this mercury preparation it is safe to add Padikara baspam or Navaneetha baspam or Stomatitis cure No. 2. to each dose or the Kalananda gowri rasakarpuram may be mixed with raw Padikaram twice its weight and burnt in a pair of small chatties for one or 2 hours over small fire and then used.

Diet: Milk diet or conjee diet is advisable during the course of medicines. Salt, Tamarind and Tobacco are prohibited.

8. KARIEYA CHUNNAM OR KARUVANGA CHUNNAM No. 1 (For external application in Ascites and Dropsy or Ascites Cure External)

1.	Purified Karuvangam or Velvangam	— 3 tolas
2.	Purified Patharasam	— 3 tolas

Thonthippu is made as per rules, placed in a kalvam, added Vediuppu 12 tolas, or double the total weight of the above two ingredients, rubbed together with Vediuppu Dravakam (about 2 or 3 ounces) for 12 hours, made into a Villai and subjected to putam in a pair of suitable agals with 25 Vratties. If it is white it is good, If it is red add again Vediuppu and repeat the process of rubbing with the same Vediuppu Dravakam and putam. It becomes a nice chunnam. This purely for external application **with cold water.**

Uses: When applied externally with cold water as a paste ascities and generalised dropsy are reduced completely. It is also given internally in 1 to 2 grains dose, mixed with Lime juice and taken during effervescence in cases of Dysmonorrhoea and pain all over the body. But I have no experience of this internal use.

9. KARUVANGA CHUNNAM No. 2 (Special-Internal)

1.	Purified Karuvangam	— 10 palams
2.	Kadal Nurai (best quality)	— 10 palams

No. 1 is melted in a frying pan and No. 2 is powdered, given krasam little by little, fried well both together until Karuvangam is converted into a fine powder with Kadal nurai.

This compound is then rubbed in a kalvam using plain water for 2 or 3 days, thin Villai is made, enclosed in a pair of agals, clay cloth seven layers are made, to the junction of the agals, dried and subjected to a putam in a pit in an airtight compartment with about 400 Vratties. On being cooled it becomes a fine chunnam, yellowish in colour which may be secured, powdered, weighed and preserved in a phial.

If however the chunnam is not satisfactorily finished it may be subjected to one or two putams more by rubbing with either plain water or Kumari juice (Shotrukaththalai juice) or Karachunnam neer.

Dose : 2 to 4 grains may be given twice a day with Rasthali plantain lehiyam or other suitable anupanams.

Uess : Neeralivu, Emaciation, (வறட்சி) Meganoi, Grahani, Soolainoi Menorrhagia, Meterrorhagia, Megappadai, and skin diseases etc. are cured. This is good for Diabetes mellitus and its complications.

10. KODI PAVALA CHUNNAM No. 1

Kodipavalam – lb. 1 is kept soaked in Lime fruits juice for a day. Next day, it is rubbed with Lime fruits juice for 1 or 2 days, Villai is made, dried, kavacham is made with rubbed paste of THAIVELAI LEAVES (தை வேளை இலை அரைத்த விழுது), dried and is subjected to putam with 300 Vratties in a pit in an airtight compartment. On being cooled, it is taken out and the Pavala chunnam is weighed, kept in a dish, sprinkled boiled cow's milk over it and kept aside. Next, day this becomes a powerful chunnam condition, powdered and bottled up for use, provided the colour and fineness of this chunnam are very well satisfactory.

If not, it is better to continue the following process until the Chunnam becomes very well satisfactory. (1) The first putam finished pavalam may be rubbed with KEEZHKOI NELLI JUICE for one day, Villai is made, dried, kavacham is made with the rubbed paste of either KEEZHKOI NELLI or THAIVELAI LEAVES dried and subjected to open putam as before.

(2) Again the same Pavalam may be rubbed with **cow's milk,** villai is made, dried and is covered with rubbed paste of the leaves mentioned above. It is then subjected to open putam as before. Now it becomes quite alright.

(3) If it is still not satisfactory, the Pavala chunnam may be rubbed with KEEZHKOINELLI JUICE once more, Villai is made, dried, kavacham is made with either KEEZHKOINELLI leaves or THAIVELAI LEAVES rubbed paste dried and is subjected to putam as before. Now it is considered very well finished. The chunnam is then weighed, powdered and bottled up.

Dose : 2 to 4 grains B. D. may be given with cow's butter or ghee or honey or other suitable anupanams.

Uses : Gonorrhoea, Leucorrhoea, Gleet, Burning of hands and feet, Kasam, Swasam, Eraippu, Kshayam, and Dental decay are relieved Facial good appearance and dental brightness (முக வசீகரம் பல் ஒளிவு) are restored. This is also useful in Infective hepatitis (Jaundice), gall bladder stones and other Hepatic lesions. This is a very useful and excellent medicine for diseases mentioned above.

11. KODI PAVALA CHUNNAM No. 2

Purified kodi pavalam lbs – 3 is placed in a mud kalayam, honey lb 1 or lbs $1\frac{1}{2}$ is poured in it, kept soaked for a day or two, mouth covered with an agal, clay cloth seven layers applied to the junction, dried and is subjected to heavy putam with 400 Vratties in a pit in an air-tight compartment. On being cooled the next day it is taken out and weighed.

Next, this is powdered in a kalvam, purified Patharasam 3 ounces is added, rubbed together for 3 hours, then rubbed with **Keezhkoinelli juice** for 2 days, Villais are made, dried kavacham is made with the rubbed paste of Keezhkoinelli samoolam or Adathodai leaves, dried and are subjected to open putam in about 350 Vratties as before. Now it becomes a very good chunnam and may be used.

If necessary a third putam may be applied by rubbing with the same Keezhkoinelli juice in the same way as that of the 2nd putam.

Dose: 2 to 4 grains B. D. may be given with cow's butter or ghee or honey or other suitable anupanams.

Uses: Kasam, swasam, kshyam, erippu, ushnathickam, skin diseases, jaundice, gall bladder stones and other liver affections are cured.

12. KODI PAVALA CHUNNAM No. 3

Purified Kodi pavalam lbs - 3 is kept soaked in Keezhkoinelli juice for a day, exposed, to the sun to be completely dried, then Honey lb 1 - is poured in it, mixed well kept for a day, transferred to a suitable mud kalayam, mouth covered with an agal, clay cloth seven layers to the margin are provided, dried and is subjected to heavy putam with 400 Vratties in a pit in an airtight compartment. On being cooled, it is taken out and weighed.

Next, this is powdered in a kalvam, rubbed with Keezhkoinelli juice for 2 or 3 days Villai is made, dried, kavacham is made with the rubbed paste of Keezhkoinelli samoolam or Adathodai leaves, dried and is subjected to heavy putam as before with about 350 Vratties. Now it becomes a very good chunnam.

If necessary, further putam may be applied in the same way as that of second putam.

Dose, Anupanam and Uses are the same as that of No. 1 and 2 Kodi Pavalam.

13. KODI PAVALA CHUNNAM No. 4

Kodi pavalam — 2 lbs.

Soaked in Keezhkoinelli juice for 1 or 2 days, exposed to the sun dried, enclosed in a pair of agals and subjected to putam.

This is sprinkled over with cow's milk, kept in the midst and dried in the sun. Next, rubbed with Keezhkoinelli juice, villai is made, enclosed in a pair of agals and putam applied.

Dose & Uses are the same as thet of Pavala chunnam No. 2 and No. 3. In addition, Jaundice and other Liver affections are cured.

14. KODI PAVALA CHUNNAM No. 5

Kodi pavalam — 1 lb.

Enclosed in rubbed mass of Adathodai leaves, clay cloth is made round the kavacham, dried and subjected to heavy putam in a pit in an airtight compartment with 600 Vratties.

Next the burnt up pavalam is soaked with cow's milk ½ litre and kept for a day. Next day it is rubbed with Adathodai leaves juice or Keezhkoinelli juice., Villai is made, dried, enclosed in agals and subjected to putam with 400 Vratties. It is then taken out, powdered and bottled up.

Dose: 2 to 4 grains to be given with cow's butter or ghee or other suitable anupanams twice a day.

Uses: Kasam, Swasam, Kshayam, Usthnathickam, Jaundice and Ricket etc. are cured.

15. MUPPU CUM ANDAODU ABREKA CHUNNAM (Special)

Chitranda baspam No. 3 - 1 lb or quantity sufficent and Abreka Navaneetham - 1 lb are taken, mixed well in a kalvam, Muppu Guru Chunnam about ½ to 1 dram is added, rubbed with Elaikkalli leaves juice for 2 or 3 days, Villais are made and subjected to heavy putam in suitable agals as per rules in a pit in an airtight compartment with about 400 Vratties.

On being cooled it is taken out, powdered in a kalvam, added about 4 ozs of **Vazhalai guru jayaneer**, rubbed again with Elaikkalli leaves juice and subjected to second putam as per rules as before.

Second putam finished Anda Odu Abreka Chunnam is powdered in a kalvam, rubbed with Elaikkalli leaves juice and subjected to a third putam as before. Three putams finished Anda Odu Abreka Chunnam is again rubbed with juice of Potrilaikaiyan leaves or Manjakarisalai and subjected to a fourth putam as per rules as mentioned above. The chunnam is invariably finished by the above 4 putams, into an excellent medicine fit for use. If however its colour and consistency are not satisfactory it may be again treated in the following further putams.

Four putams finished Anda Odu Abreka Chunnam may be rubbed with the juice of AlamVizhuthu or Thriphala decoction or with a concentrated decoction of Alampattai, Athimarapattai, Iththimarappattai, Arasam pattai and Naval mara pattai (as mentioned under "Muppu Cum Abreka Chenduram") for about 3 days, Villai may be made, enclosed in suitable agals, 7 layers of clay cloth be provided to the margin, dried and subjected to heavy putam with 600 or more of Vratties. The process may be repeated if necessary with any one of the above decoction for 2 or 3 times or until the Chunnam becomes satisfactory for use.

Dose: 2 to 4 grains may be given with honey or with cow's ghee or with other suitable anupanams for $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or 1 mandalam of 40 to 45 days.

Uses: Diabetes mellitus and Inspidus together with their complications are cured. Gunmam, soolam and certain worst skin diseases are also well responded to.

16. Dr. M. S. VELU'S MUPPU GURU

1.	Navamulaguru chunnam	— 1 oz.
2.	Vediuppu Guru chunnam	— 1 oz.
3.	Guru chunnam (Lab)	— 1 oz.
4.	Puneer Guru (Muppu-Lab)	— 1 oz.

These are taken in equal parts, mixed together and bottled up.

Dose & Uses: 5 to 10 grains B. D. with suitable anupanams for diseases including delayed puberty. This is also used as Catalytic agent for all metallic and mineral preparations. Very successful in Copper preparations.

17. NAGA CHUNNAM No. 1

(For use in Bronchial Asthma-Cure No. 2)

1. Purified Chirukan-Nagam - lbs $\frac{3}{4}$ or one part.
2. Milaku churnam raw - lbs 2-4-0 or 3 parts.

While Nagam is being melted in a frying pan over the intense fire, krasam is given with Milaku chunnam little by little until Nagam is flowered into nice ash (பூர்த்து சாம்பலாகும் வரை) Thereafter it is removed from the fire, well burnt-up Nagam is collected, rubbed with **Velipparuthi leaves juice** or **Shotrukathalai** (kumari juice) or **both** one after the other, thin Villai is made, dried and subjected to heavy putam in a pair of suitable agals with about 300 Vratties in a pit in an airtight compartment. On being cooled it is taken out, powdered and bottled up. Invariably by this method this Nagam becomes a fine chunnam without particles of metal.

If however after the above first putam, the medicine contains particles of metal, then it may be necessary to repeat the process once more (ie. rubbing with any one of the above juice, making Villai and applying putam in a pair of suitable agals as before) now Nagam chunnam is very fine and yellowish in colour which may be powdered and bottled up.

Dose: 2 to 4 grains may be given with cow's butter or ghee or honey or with other suitable anupanams twice a day.

Uses: Piles, Fistula, Diarrhoea, Dysentery, Dhadunattam etc. are cured. This chunnam goes into the preparation of Bronchial asthma cure No. 3. (ie one part of Naga chunnam No. 1 and 5 parts of Thirukadugu churnam or Panchadeepagni churnam or Gowthamar churnam well mixed together-**Dose**: 5 to 10 grains to be taken with honey or cow's ghee two or three times a day in cases of Bronchail asthma and Eusinophilia of the lung).

18. NAGA CHUNNAM No. 2

Chirukan Nagam (purified by melting and dipping in Iluppai Nai 21 times. A few grains of Nattu Navasharam powder is thrown over the melted Nagam immedicately after it is poured into the oil each time. It is washed with water and dried each time,) about lb ½ is taken.

This is melted in a frying pan over charcoal fire and churukku given with the urine of Donkey's little by little while Nagam is being melted. About 2 to 3 Madras measures of urine is required to make the Nagam first solidified into kattu, then getting brittle and then becoming fine powder. In most cases this powder is white in colour, chunnam condition by test and is being used internally with good effect. But at times the colour and consistency are not satisfactory and in that case the same Naga chunnam powder may be rubbed with **Velipparuthi leaves juice**, Villai is made and subjected to putam in a pair of suitable agals with about 250 Vratties in a pit. Now the colour becomes yellow A third putam may also be necessary sometimes and this time **Kumari juice** may be used for rubbing. It now becomes a very fine and effective medicine.

Dose: 2 to 4 grains B. D. may be given with cow's butter or ghee or honey or preferably with the juice extracted from Kumari pulp (Shotrukathalaichoru) by washing it with water, placing it in a plate, sprinkling a few grains of Kadukoi chunnam, keeping it exposed to the mist during night, early morning the fluid there in is taken. This is Kumari Neer which is used as anupanam for this Naga chunnam.

Uses: Piles, Fistula, Gonorrhoea, Gleet, Leucorrhoea, Dadhunattam, Diarrhoea and Dysentery are cured. It is very usful in Sprue and Colitis. Amoebic and Bacilliary dysentery are very well tackled with this Naga chunnam.

19. NAGA CHUNNAM COMPOUND OR MOOLA NIVARANI No. 2

1.	Naga chunnam No. 2	—	one	part	or	15 tolas
2.	Kodipavala chunnam	—	1/3rd	part	or	5 tolas
3.	Silajathu baspam No. 5	—	1/3rd	part	or	5 tolas
4.	Amaiodu baspam No. 3	—	1/3rd	part	or	5 tolas

These four ingredients are mixed in a kalvam, rubbed with (1) Kumari juice (Shotrukathalai juice) for 2 or 3 days, dried with the kalvam, then rubbed with (2) Adathodai leaves juice for 2 or 3 days, Villais are made, dried, enclosed in a pair of suitable agals, clay cloth seven layers are made to the margin, dried, putam is applied with 600 Vratties in a pit in an airtight compartment. On being cooled it is taken out, weighed and powdered.

This is then rubbed with the above two kinds of juices or with Adathodai leaves juice and subjected to putam as before by enclosing the Villais in the rubbed paste of Adathodai leaves. It becomes an excellent compound chunnam.

Dose, Anupanam and Uses are the same as that of Naga baspam compound or Moola Nivarani No. 3. This is also useful as an Aphrodisiac.

20. NARPAVALA CHUNNAM No. 1

Purified Narpavalam - 200 grams. Rubbed with Shotrukathalai juice (Kumari juice) for one day, Villai is made, dried, enclosed in a pair of suitable agals, clay cloth seven layers are provided to the margin and is subjected to a putam with 300 Vratties. Next rubbed with Keezhkoinelli juice for 2 days, Villais are made and subjected to putam as per rules with 300 Vratties.

Dose: 2 to 4 grains to be given with cow's butter or ghee or other suitable anupanams twice a day.

Uses: Kasam, Swasam, Kshayam, Ushnathickam, Jaundice and Rickets are cured. It acts much better than Kodipavala parpam or chunnam.

21. NAVAMULA GURU CHUNNAM (Traditional)

1. Induppu 2. Sodi-Bicarb 3. Valayaluppu 4. Kariuppu (or Attuppu or Kariuppu - Uppu-Reddish colour outside, black inside) 5. Paraiuppu 6. Puneer 7. Common salt (Sodium Chloride used) 8. Kalluppu 9. Vediuppu - of each 6 tolas or quantity sufficients may be taken.

JUICES. 1. Vari-Kummattikoi juice — 1 lb.
2. Kovai leaves juice — $\frac{1}{4}$ lb.
3. Murungai tender leaves juice — $\frac{1}{4}$ lb.

Method of Preparation: All the nine salts are well powdered, mixed, filtered through sieves, placed in a basin, the juices are poured in it, mixed well, exposed to the sun to be dried, a pair of mud chatties are taken (about a Madras mea: Capacity), the salts are placed in these two chatties in two halves to the level of half of the chatties, covered with a suitable agal for each, clay cloth seven layers are provided to the margin, dried and subjected to putam in a pit with 400 Vratties, each separate. On being cooled it is break-opened and the **solidified Navauppu-chunnam** is secured, powdered, weighed and bottled up.

Dose: 2 to 5 grains may be given with suitable anupanams twice a day for 3 to 7 days.

Uses: This may be used as a catalytic agent for preparing parpam, chenduram and chunnam by adding about 20 grains to the preparations of parpam, chenduram and chunnam. Gunmam, Vaitruvali, Stricture Urethra, Amenorrhoea and Dysmenorrhoea etc. are cured. For insect bite and scorpion-sting it may be mixed with Erukkan paul and applied locally to the affected part. It may also be used as snuffing in poisonous bites. For amenorrhoea and Dysmenorrhoea this chunnam may be given with a rubbed mass or the juice of Poduthalai, garlic and pepper, morning and evening for 7 days,. In Cholera it may be given for with honey and Gunmam with chukku churnam compound.

22. NEELAKANTA - VALAI RASAKARPURAM

(a) Jathilingam in solid mass (கட்டியாக) – 4 palams or 12 tolas by weight is taken, purified by giving churukku with Breast milk about 16 ounces on slow and small charcoal fire and kept ready.

(b) Then secure two mud chatties, widemouthed and of symmetrical size. To the inside of one of these chatties, chitramulam leaves juice is smeared, dried and repeated seven times. This chatty is for being used as **upper chatty.**

(c) Next, secure Calicut tiles or well burnt up ordinary bricks which is powdered nicely, strained and taken one measure or about 2 to 4 lbs. Common salt about 1½ to 3 measures or 3 to 6 lbs is also nicely powdered and taken. Both these powders are mixed well, put in the bottom chatty and pressed well. Over the surface of this brick and salt mixture, Chitramulaverpattai coarse powder of about 3 to 4 ounces is spread.

(d) Then the following ingredients are taken :

1. Thalakam
2. Veeram
3. Ghendakam
4. Manoshilai
5. Rasakarpuram
6. Pachaikarpuram
7. Thurusu
(Copper sulphate)
8. Vellai pashanam
9. Gowri pashanam
10. Padikaram
11. Thuthangam
12. Velvangam
13. Vediuppu
14. Puneer
15. Shudan

These fifteen ingredients mentioned under (d) – each one kalanju or 2½ p.w. is taken, powdered in a kalvam, mixed together, rubbed well into a paste with "**Anda-Erukkan Jayaneer**", kavacham is made with this paste to the Jathilingam mass which is purified and kept ready under (a) dried, placed over the salt and bricks powder in the bottom chatty. This lingam kavacham is covered completely with the powder of Chitramulaverpattai. (c) Thaivelai leaves juice is then sprinkled over this kavacham and all round it. The lower chatty is then covered over with its upper chatty kept ready under (b) seven layers of clay cloth ara provided to the margin of these two chatties, dried, the chatty kavacham is placed over the Vattaduppu (round oven,) burnt for three days from 8 A.M. to 8 P.M. daily, allowing it to remain as it is over the oven without burning during night, deepagni and kamalagni on the first day, kamalagni and kadagni on the second day and kadagni on the third day and allowed to cool itself. On being cooled, the chatty kavacham is carefully placed flat on the floor, opened and the sublimation inside the upper chatty and on the sides of the bottom chatty is carefully secured by means of a brush. This is powdered and bottled up. This Pathangam is ash red colour or of rosy white colour, known as "**Neelakanta Valai Rasakarpuram**".

N. B: "**Anda Erukku Jayaneer**" means a mixture of white of eggs to which a few drops of Erukkan paul (or Arkaksheeram) is added which is used for rubbing the above 15 ingredients mentioned under (d) into a fine paste.

Note: The chenduram formed in the bottom chatty over the surface of the salt and brick powder burnt up mass is not to be used Mercurial sublimation alone should be carefully secured for internal use.

Dose: ½ to 1 grain may be given in capsule or enclosed in palm jaggery once or twice a day for 3 to 5 days according to the toleration of the patient and severity of the illness in an empty stomach. If there be nausea or vomiting in Certain case immediately after giving the medicine "Jathi Jambeera Kulambu" may be licked up.

Neelakantavalai Padikaram:

Note: If for any reason the medicine produces severe vomiting or mercurialism, then equal part of Padikaram may be added, powderd, mixed and subjected to a regular chatty erippu as per rules over small fire for 2 or 3 hours. On being cooled, the medicine may be secured and used in the same dose without any virulent reactions. This modification will definitely minimise the toxic effect of mercurial baspam or pathangam, Special Anupanam for this Medicine:

1. Shengkottai purified
2. Parangippattai purified
3. Pirappankilangu or Pirappanver

Each one palam or 3 tolas may be taken, pounded together in a stone mortar into a fine powder, placed them in a kalvam, rubbed with a little of **Cow's ghee** until it becomes a waxy consistency or kulambu pakam and preserved in a suitable dish. This kulambu about a pie weight is taken, mixed with a little of **fried raw-rice flour** and used as anupanam for this **Neelakanta Valairasa karpuram**, covered with or enclosed in a beetle leaf and taken.

N. B: This Anupanam kulambu itself may be taken internally in a pie-weight dose, mixed with a little of raw rice powder enclosed in a beetle leaf twice a day with good results. Apart from this special anupanam, it is quite enough if this Neelakantavalai or for that matter any other powerful mercurials are administered by being enclosed in empty gelatin capsules.

Diet: Milk conjee is preferable. Salt, Tamarind and Tobacoo should be forbidden. Not water for drinking purpose may be used and raw rice conjee is also good.

Uses: This is also an **Universal remedy** for all ailments. All incurable or serious diseases are said to be cured with this medicine. Vadha, Pitha, Kapha, Thontham and all sorts of complicated diseases are cured especially those that effect Sukkilam, Mamsam, Enbu and Raktham Dhathoos, Leprosy of all types, Cancer, Syphilis, Vedisoolai, Leucoderma, Karumegam, Psoriasis, Padarthamarai and similar other serious or chronic ailments are cured.

23. PADIKARA CHUNNAM OR SEENA CHUNNAM

1. Puneer purified — ½ lb.
2. Karchunnam — ½ lb.

Mixed together, placed in a pot, water added 2 Madras measures, boiled until it becomes Kulambu pakam and Preserved in a bottle or glass jar. This is said to be **Shavarkara kulambu.**

Then Padikaram (Seenakaram) one lb. is taken, rubbed in a kalvam with the above Shavarkara kulambu, Villai is made, placed in a pair of agals and subjected to heavy putam with 600 Vratties. It is now Seena Chunnam. If necessary 1 or 2 more putams may be applied with the same Shavarkara kulambu rubbing as before. This Padikara chunnam may be used for **Kavacham of Thalakam.**

24. PAVALA VEERA CHUNNAM OR BRONCHIAL ASTHMA CURE OR PITHA KAMALAI PITHAPAI KALLADAIPPU NIVARANI OR JAUNDICE AND BILIARY LITHIASIS CURE (Traditional Recieple)

1. Kodi pavalam or Nar pavalam — 1 part or 1 lb.
2. Purified Veeram — 1/10th part or 4 tolas.

These two ingredients are broken in small bits or powdered coarsely, placed in a mud kuduvai or **Goat's bile** (about 50 gall bladder contents) is poured in it (ததும்ப) stirred well, kept for a day and then exposed to the sun to be dried.

Therafter it is covered with another agal, clay cloth seven layers are provided to the margin, dried and subjected to putam with 250 Vratties in a pit in an airtight compartment. On being cooled it is taken out weighed, powdered and bottled up. This is powerful white Pavala veera chunnam prepared in one single putam.

Note: If however the first putam finished Pavala-Veeram is not satisfactorily finished after taking out of the first putam, this Pavala Veera chunnam may be placed in a pair of agals, sprinkled boiled cow's milk over the medicine, stirred well, kept exposed to the mist during the night, next morning powdered nicely, spread in a pair of mud agals, margin sealed with seven layers of clay cloth, dried and may be subjected to a second putam as before. Now it becomes a fine white chunnam. This second putam may be necessary if the pavalam and veeram are taken in bulk or in large quantity for this preparation.

Dose : One to Two grains may be given with cow's butter or ghee or cow's milk or other suitable anupanams for particular diseases.

Uses : This is an excellent medicine for kasam, swasam, and kshayam particularly for **Bronchial asthma** Again for **Jaundice, stone in the gall bladder** and Consequent **Hepatic colic** or **Biliary colic,** this Pavala-Veera chunnam is an excellent remedy which every physician should have a stock always with him, as it is essential and valuable in effect on the above diseases.

25. TO PREPARE RASAMONI

First prepare a Karieya cup in 20 p. w. Secure purified Patharasam 3 tolas. This is rubbed with (தேள் கொடுக்கு இலைச்சாறு) Thelkodukku leaves juice. When it is of Kulambu or Melugu consistency it is put in the Karieya cup together with the juice and this is subjeced to Manal Erippu (ie put 6 fingers thick of sand in an erippu chatty, place the cup in the middle, put enough sand again all round the cup up to the brim, heated over round oven, Rasam will become round-moni. At that time it is removed from the fire the Rasamoni is collected with a knife and shaped well. This moni is preserved. It is useful for Thambanam.

26. SHAVARKARA CHUNNAM (Special)

Uppu Shavarkaram 6 cakes or ½ viss may be purchased from the bazzar, powdered well in a kalvam, added **Vazhalai Guru Jayaneer** about 4 to 6 ounces, rubbed together well with **Kuppaimeni leaves juice** for 3 days, Villais are made, enclosed in a pair of suitable agals, seven layers of clay cloth are provided to the margin of the agals, dried and subjected to putam with

200 Vratties. On being cooled, it is taken out and weighed.

If the colour and fineness are not satisfactory, a second, third and fourth putams may be applied by rubbing with the same **Kuppaimeni leaves juice** until the medicine becomes a fine white chunnam. If the quantity of Shavarkaram taken for the preparation is small it becomes alright in one or two putams. On the other hand if the quantity is bulky then 3 or 4 repeated putams may become necessary to get a fine white chunnam. To get rid of the oil content of the Shavarkaram, **Vazhalai guru jayaneer** is best added in this process as mentioned above for the first rubbing of the first putam only and not necessary for subsequent rubbing and putams.

Dose . 2 to 4 grains may be given twice a day with Thirikadugu churnam or Panchadeepagni churnam and honey or with any other suitable anupanam depending upon the nature of the ailments.

Uses: Gunmam, Parinama-soolam, Indigestion and Stomatitis etc. are relieved. In glossitis and stomatitis it may be given with cow's butter. This is an excellent medicine for stomatitis and other gastrointestional diseases.

Vazhalai Guru jayaneer – Please refer to the chapter No. 5.

27. THÁLAKA CHUNNAM No. 1

Purified Thalakam in one mass weighing 2 ounces.

Churukku is given over a mud agal under small fire to the above Thalakam with **Vedipuli jayaneer** (Vide Jayaneer chapter) until Thalakam becomes red. Thereafter it is powdered in a kalvam, rubbed with the same Vedipuli jayaneer for one day, Villai is made, dried and is subjected to putam by being enclosed in a small pot in the midst of about 2 to 3 Madras measuaes of **Karachunnam or Chippi chunnam powder** with about 250 Vratties in a pit in an airtight compartment. The mouth of the pot is well covered with an agal, margin sealed with seven layers of clay cloth, dried and tied with a wine fixing the lid with the pot, so that while under fire it may not explode and the cover thrown out. At times the medicine under fire causes explosion and the lid and medicine are thrown out. Hence it should be watched. On being cooled, the cake is taken out, cleaned properly by removing karachunnam dust adhered to the Villai, weighed, powdered and bottled up. It should be pure white chunnam.

Dose: $\frac{1}{2}$ to 2 grains may be given with Thrikadugu churnam and ghee or butter or honey or other suitable anupanams.

Uses: Pitha-Vettai, Pitha-jwaram, Pithakasam, Pithakshayam, Ealai-Valippu, Meganoi, Bronchial asthma, Eusinophilia, Rat-bite Poisioning or Rat-bite asthma, Cancer, Skin diseases including Allergic dermatitis are cured.

28. THALAKA CHUNNAM No. 2

Thalakam as a mass weighing one palam (3 tolas) is taken. **Pandalkudi Karachunnam** one measure is also secured, dissolved in cold water into a solution and the Thalakam made into a bundle in a piece of cloth is subjected to steam-bath under Dholayanthram process until the solution is almost dried. The Thalakam is then taken out and fresh karachunnam rubbed into a paste with Breast milk is applied round the Thalakam mass as a kavacham and dried well.

This kavacham-made Thalakam in placed in a suitable kuduvai in the midst of powdered PADIKARAM of about 2 palams or quantity sufficient. The mouth of the kuduvai is covered with a suitable piece of odu or asbestos and the margin is provided with seven layers of clay cloth and dried. This is then subjected to a laghuputam with about 15 to 20 Vratties. On being cooled, it is opened, the Thalakam alone which is white in colour is carefully secured, weighed, powdered and preserved in a bottle.

N.B: The Padikaram powder should enclose the Thalaka kavacham and should occupy half of the capacity of the kuduvai.

Dose: 2 to 4 grains may be given twice a day with Thirikadugu churnam and honey or butter or ghee or other suitable anupanams.

Uses: Kasam, Swasam, Kshayam, and Rat-bite developed into Bronchial asthma etc. are cured. Eusinophilia of the Lung is also responded to.

29. THURUSU CHUNNAM No. 1

1. Thurusu (Copper Sulphate) one crystal weighing one palam is taken.

2. Uppu Shavarkaram one palam is also taken, cut into thin slices with a penknife (கத்தியால் பொடியாய்ச்சீவி) applied as kavacham all round the Thurusu mass over this pieces of paper are wrapped all round the kavacham about one inch thick and lied gently with twine or wire. This is then placed over three cornered stones in a compartment where there is no wind and lit fire to. After it is burnt out the Copper sulphate becomes chunnam which is preserved.

Dose. $\frac{1}{2}$ to 1 grain may be given once a day in the morning 3 days with palm jaggery or in empty capsule, or other suitable anupanams.

Uses: Ascitis, Gunmam, Cancer, Leprosy, Vranam, and Vishakati etc. are cured.

30. THURUSU CHUNNAM No. 2

Thurusu Katti - 4 tolas is taken, placed in a dish, poured Vellaierukkan paul, exposed to the sun to be dried, then Vellai erukkan leaves and flowers are rubbed into viluthu or paste, Kavacham is made with this paste to Thurusu, outer to this kavacham kalchunnam seelai only one is applied and kadaip utam is applied. On being cooled it is taken.

Dose: $\frac{1}{2}$ to 1 grain B. D. with suitable anupanams.

Uses: Gunmam, Mahodaram, Pleegam, Leprosy, Cancer and other worst skin diseases are cured.

31. THIRUVANGA CHUNNAM No. 1 (Traditional)

1. Chiruka Nagam 2. Velvangam 3. Karuvangam	Of each in equal parts or 4 ounces each.

These three ingredients are purified by melting in a karandy and pouring in Iluppainai 10 repeated times and washed each time. This purified Thiruvangam is again melted and thonthippu made with Mercury (patha rasam) 1/3rd part or equal to the weight of the Thiruvangam. Now it is brittle, This is then placed in a kalvam, rubbed with (1) Velipparuthi leaves juice for 1 or 2 days (2) Keezhkoinelli juice for one or two days and (3) Kuppaimeni leaves juice for one or two days and then made into a thin villai. This is enclosed in a pair of suitable agals, seven layers of clay cloth are made at the junction of both the agals, dried and is subjected to heavy putam with about 300 Vratties in a pit in an airtight compartment.

On being cooled the next day, it is taken out, If the medicine contains particles of metal, it is better to isolate metallic particles from the chunnam nice powder by straining through cloth and the strained out particles are better fried with equal part of **raw sangu powder** under intense fire. By this process all the particles become brittle and powdered easily.

Thereafter both the powders of the chunnam are fried for a while, placed in a kalvam, powdered nicely, rubbed again with Velipparuthi leaves juice, Keezhkoinelli juice and Kuppaimeni juice in each for one or two days, Villai is made and is subjected to a heavy putam as before. It now becomes a fine white chunnam fit for use.

If however it is incomplete either in its colour or in its fineness, it is advisable to put one or two more putams by rubbing with Velipparuthi leaves juice or Kuppaimeni leaves juice or Chirunerunji juice or Chirukeerai juice or Keezhkoi nelli juice or in 2 or more juices. It becomes an excellent chunnam or baspam in 3 or 4 putams on the whole and sometimes in two putams. It is then powdered, weighed and bottled up. It is also advisable to rub Thiruvangam-mercury compound with individual juice such as Velipparuthi, Keezhkoinelli and Kuppaimeni leaves for 3 or 4 days and putam applied as per rules **in each juice separate** until very satisfactory chunnam or baspam is obtained out of Thiruvangam. To take note of this point.

Dose: 2 to 4 grains may be given with cow's butter or honey or other suitable anupanams twice a day before food for five to 10 days for a course.

Uses: Diabetes mellitus, Diabetes inspidus, Cancer, Leprosy, Other horrible skin diseases, Ascites, Liver and Spleen diseases, Gonorrhoea, Gleet, Leucorrhoea, Syphilis, Ulcers, Piles, Fistula, Kandamalai and Other glandular affections, Buboes, Carbuncles, Gunmam, Cancer of Cervix and Uterus, Cancer Penlis, Hemiplegia, Paralysis, and several worst skin diseases are definitely cured. This is a traditional process and very successful in practice.

Note: When this medicine or other similar Thiruvangam chunnam is administered for cases of Ascites. It is necessary to avoid all kinds of food including water. Such patients should be fed upon Bread or Adai or Rotti prepared out of **Bengal Gram flour** (Kadalaimavu) without salt and for thirst he should drink only **Cow's or Goat's milk**. Under any circumstances he should not drink water even once, at least for 5 to 10 days. He should not stay in the breeze (ie he should not expose himself to wind.) He can however add a little sugar to the milk in which the above Adai or bread may be kept soaked and then taken.

32. THIRUVANGA CHUNNAM No. 2 (Special)

1. Chiruka Nagam purified 2. Velvangam purified 3. Kariyam purified	} Of each in equal parts or 4 ounces each.

These three ingredients are subjected to Thonthippu as per rules with (4) Patharasam 12 ounces. Now it is brittle.

5. Kodi pavalam or Narpavalam	Of each 6 ounces are added.
6. Karpura-silajathu	

These are rubbed with Chirunerunji juice for 2 days. Villai is made, enclosed in a pair of agals, seelaiman is made and subjected to putam with 500 Vratties as per rules.

(2) Next, it may be rubbed with Chirukeerai juice and subjected to putam as before.

(3) Thereafter if necessary a third putam may be applied by rubbing with both the above juices.

Dose, Anupanam and **Uses** are the same as that of Thiruvanga chunnam No. 1.

33. THIRUVANGA PAVALA CHUNNAM OR THIRUVANGA CHUNNAM No. 3 (Special)

1. Purified Chiruka Nagam — 2 palams
2. Purified Velvangam — 2 palams
3. Purified Karuvangam — 2 palams
4. Purified Patharasam — 6 palams

The above three Vangams are melted in a karandy and Thonthippu is made with Patharasam as per rules. This brittle Thiruvangam is placed in kalvam, purified Kodipavalam 2 to 6 palams is added to it, powdered nicely, rubbed together with the juice of Chirunerunji Samoolam for one or two days, Villais are made, enclosed in a pair of agals, seven layers of clay cloth are made to the margin, dried, and subjected to putam in a pit an air-tight compartment with about 300 Vratties.

On being cooled the next day it is taken out, weighed, powdered rubbed with Chirukeerai leaves juice for one or two days and putam is applied for a second time as before.

Next day it is taken out examined for any metal particles and if there are no metal particles seen in it and if the colour and fineness are satisfactory, it may be powdered and taken for use.

If however there are particles, the above two putams finished Thiruvanga pavala baspam may be powdered, raw sangku or sangku baspam 2 to 3 ounces in powder may be added to it, fried under intense fire in a frying pan until all the particles of metal are nicely powdered and then rubbed in a kalvam with any one of the above juices or with both the juices. Villai may be made, dried and subjected to a third putam as before. Now it must be a very fiine **Thiruvanga pavala baspam.** If however it is yet unsatisfactory, it may be subjected to one or two putams more by rubbing with Keezhkoinelli samoolam juice or Velipparuththi leaves juice or Kuppaimeni leaves juice.

Dose, Uses, Anupanam and Diet are the same as that of Thiruvanga Chunnam Nos. 1 and 2.

34. VANGA RASA GURU BASPAM No. 1 OR VANGA CHUNNAM No. 1 (Karuvangam)

1. Karuvangam	purified	— 5 ounces
2. Patharasam	,,	— 5 ounces
3. Veeram	,,	— 2½ ounces
4. Shudan	,,	— 5 ounces
5. Padikaram	,,	— 5 ounces
6. Vellai pashanam	,,	— 5 drams
7. Thalakam	,,	— 5 drams
8. Chitranda Odu (egg shall)	purified	—23¾ ounces
9. Puneer purified in Annakadi jalam 10 times		— 2½ p. w. or 2 kalanju.

Mode of Preparation:

Thonthippu is made between Karuvangam and Patharasam as per rules. All the ingredients are powdered in the usual manner, mixed together in a kalvam, rubbed with **Kumari juice** (Shotrukathalai juice) for 2 or 3 days, Villai is made, dried, enclosed in a pair of suitable agals, clay cloth seven layers are provided to the margin, dried and putam is applied in a big pit in an airtight compartment with Shotrukathalai dried leaves (சோற்றுக் கற்றாளை உலர்ந்த சருகு) and Nochi dried leaves (நொச்சியிலை சருகு) of each weighing about one big gunny bagful (கோணி நிறைய). On being cooled completely, the kavacham is taken out, opened, the very white chunnam is secured which must be free from any matalic particles and then only the chunnam is considered fit for internal use.

If necessary a second putam similar to the above putam may be repeated by rubbing with the same juice or Karachunna neer. For all the subsequent putams it is enough if we use dried cowdung cakes of about 400 instead of using the above dried leaves.

It is always safe to subject this important medicine to two putams in Shotrukathalai juice and two more putams in Karachunna neer (liquor calcis). It becomes a fine **Vangarasa Guru baspam No. 1**. This may be powdered and bottled up.

Note: I have not used the dried leaves for putam even once. For all the putams in this case, I have used only the dried cowdung cakes. The chunnam has been excellently finished.

Dose: 1 to 4 grains B. D. with cow's butter or ghee or honey or other suitable anupanams.

Uses: Leprosy, Cancer, Gunmam, Diabetes mellitus, Polyurea, Diarrhoea, Orchitis, Leucorrhoea, Cholera, etc. are cured. It is also useful in pleurisy and kaphavatha disease including Gonorrhoeal Rheumatism & arthiritis etc.

35. VANGA CHUNNAM No. 2 OR VANGA RASA GURU BASPAM No. 2 (Velvangam)

1.	Purified Velvangam	—	5 ounces
2.	Purified Patharasam	—	5 ounces
3.	Purified Veeram	—	2½ ounces
4.	Nattu Shudan	—	5 ounces

5. Padikaram — 5 ounces
6. Vellai Pashanam purified — 5 drams
7. Purified Thalakam — 5 drams
8. Chitrands odu (egg shells) purified — 23¾ ounces
9. Puneer 10 times purified in Annakadi jalam or Navamoola guru chunnam — 2½ p. w. or 2 kalanju.

Mode of Preparation;

Thonthippu is made between Velvangam and Patharasam as per rules. All the ingredients are powdered in the usual manner, mixed together in the kalvam, rubbed with Kumari juice (Shotrukathalai juice) for 2 or 3 days, Villai is made, enclosed in a pair of suitable agals, clay cloth seven layers are provided to the margin of the chatties, dried and putam is applied in a big pit in an airtight compartment with Shotrukathalai dried leaves (சோற்றுக் கற்றாழை உலர்ந்த சருகு) and Nochi dried leaves of each about one kottai or 120 Madras measures or one Gunny bagful (கோணி நிறைய) On being cooled completely after 2 or 3 days the kavacham is taken out, opened, the very bright white chunnam is secured which must be free from metalic particles and then only the chunnam is considered fit for internal use.

If however it is not satisfactorily finished, a second, third and fourth putams may be applied as before by rubbing with Shotrukathalai juice for the first two putams and with karachunna neer for the third and the fourth putam. It is always safe to subject this important medicine to these four putams in order to ensure a very fine Vanga chunnam.

This may be powdered and bottled up.

Note: I have not used the dried leaves for the putam even once. I have used only dried cowdung cakes of about 400 for each putam. I have been able to get a very excellent chunnam in two putams. (first rubbing with kumari juice for the first putam and then with karachunnam neer rubbing for the second time.)

Dose : 1 to 4 grains may be given with cow's butter, ghee, honey or other suitable anupanams.

Uses : Leprosy, Cancer, Gunmam, Diabetes mellitus, Polyurea, Diarrhoea, Colitis, Cholera, Bronchitis and Leucorrhoea are cured. It is also useful in pleurisy and kapha vadha diseases including Gonorrhoeal Rheumatism (mega soolai) and arthritis etc.

36. VENGA CHUNNAM No. 3 (Karuvangam)

1.	Purified Karuvangam	—	2½	ounces
2.	Purified Padikaram	—	2½	ounces
3.	Purified Veeram	—	1¼	ounces
4.	Purified Chitranda Odu	—	6¼	ounces
5.	Punner purified 10 times in Annakadi jalam or Navamoola Guru	—	1¼	p. w.

Method of Preparation :

Thonthippu is made between Vengam and Rasam as per rules, all the above drugs are powdered, mixed together in a kalvam, rubbed with Kumari juice for 2 or 3 days, allowed to dry with the kalvam, then rubbed with Karachunnaneer for another 2 or 3 days, Villai is made, dried, powdered, put in a vajjara moosai (or crucible), mouth covered with a piece of odu or asbestos, seven layers of clay cloth are applied all round the moosai including the covering piece of odu, dried and is subjected to burning in charcoal fire by blowing with bellows until the moosai becomes red hot. When cooled, the medicine is secured which must be pure white in colour, fine consistency and free from metalic particles.

If not, it is powdered nicely, the particles of metals are separated by straining through cloth, weighed, Padharasam equal to the weight of the particles strained is taken and thonthippu is given as usal between these particles of Vengam and Mercury. This brittle Vengarasam and the first putam finished fine powder of the baspam are placed in the kalvam, rubbed again with kumari juice for 1 or 2 days, dried, and then rubbed with karachunnaneer for another two days. Villai is made, dried, enclosed in a pair of suitable agals and putam is applied in a pit in an airtight compartment with about 300 Vratties.

Until the chunnam becomes pure white and very fine in consistency free from metalic particles, it is advisable to repeat 2 more putams by rubbing with the above fluide and in the manner indicated for the second putam. No more mercury addition is necessary after the second putam. It becomes an excellent chunnam by the first burning in the crucible in charcoal fire and the subsequent 2 or 3 putams.

Dose: 2 to 4 grains may be given with cow's butter or ghee or honey or other suitable anupanams morning and evening.

Uses: Meganeer, Megasoolai, Madhumegam, Urethritis, Gonorrhoea, Leucorrhoea, Rheumatism, Arthritis, Neuritis, Leprosy, Cancer colitis, Gunmam and Orchitis etc. are cured.

37. VANGA CHUNNAM No. 4 (Velvangam)

1.	Purified Velvangam	—	2½	ounces
2.	Purified Patharasam	—	2½	ounces
3.	Purified Veeram	—	1¼	ounces
4.	Purified Chitranda odu	—	6¾	ounces
5.	Punner purified 10 times in Annakadi jalam or Navamoola guru chunnam	—	1¼	p. w.

Method of preparation, dose, anupanam and uses are the same as that of Vanga chunnam No. 3.

38. VEDIUPPU CHUNNAM No. 1

1.	Vediuppu Jayaneer (mentioned under Chapter 5) is taken		1	part or 16 tolas
2.	Fried Vengkaram	—	¼th	part or 4 tolas
3.	Fried Padikaram	—	¼	part or 4 tolas

These three ingredients are mixed in a suitable mud chatty and burnt over small fire until the mixture becomes free from moisture. Then the chatty is removed from the fire, break-opened the chunnam is collected, powdered and bottled up.

Dose: 2 to 4 grains B. D. may be given with Ilaneer or Mullangi juice or Chirupeelai juice or other suitable diuretic decoctions.

Uses: Retention of urine, Suppression of urine, Stricture urethra, Albuminurea, Dropsy, Neer erichal, Scanty micturition, Urinary lithiasis, Sobai, Ascites and Vaitruvali are cured.

39. VEDIUPPU CHUNNAM No. 2

1.	Amaiodu (raw but purified)	—	40 to 45 tolas powdered
2.	Vediuppu	—	15 tolas powdered

Method of Preparation:

Half of Amaiodu churnam is placed in a kuduvai, pressed well, Vediuppu powder whole quantity is spread over it, again the remaining half of Amaiodu powder is placed over No. 2, pressed again, a lid or agal is provided to the mouth of the kuduvai, clay cloth seven layers are provided to the junction, dried and subjected to putam with 250 Vratties in a pit in an airtight compartment. On being cooled, it is taken out and the whole content of the kuduvai which is very fine powder and white is secured, weighed powdered and preserved in a bottle.

Dose and **Uses** are the same as that of Vediuppu chunnam No. 1.

40. VEDIUPPU CHUNNAM No. 3 (For Gunmam)

1.	Vediuppu	—	10 drams
2.	Padikaram	—	2 drams
3.	Navasharam (Ammonia chloride)	—	2 drams

Rubbed well and mixed, added to it 14 drams of Tamarind (புளி) pounded nicely in a stone mortar, made into cylindars, burnt in a mud chatty over coconut dried leaves fire one by one, collected all the chunnam, powdered and preserved in a stoppered bottle.

Dose: 5 to 10 grains B. D. with Thirikaduku chunnam equal parts and water or (மோர்) butter milk.

Uses: All Gunmams are relieved.

41. VENGKARA CHUNNAM (Special)

Vengkaram one big mass weighing 10 palams or in small bits. This is kept in a jam-jar or other porcelein or glass jar, coated with Bhramathandi paul for 5 days in the morning hours about a thread thickness (நூல்கனம்) all round the Vengkaram and kept exposed to the hot sun for about 10 days or until the coating is completely dried and peeled off. Thereafter the same Vengkaram is finely powdered and bottled up. It becomes a first class chunnam and is proved by the usual test.

Dose: 2 to 6 grains may be given two or three times a day with cow's butter or ghee or honey or other suitable diuretics such as coconut water (Ilaneer), Mullangi kilangu juice, Cucumber juice, Vallari viththu rubbed into a solution with water and various other decoctions of Neermlli or Mandurathi Adai Kudineer etc.

Uses: Suppression of Urine, Scanty micturition, Stricture Urthra, Albuminurea, Visha sobai, Pandu, Kamalai, Kapham and other Thodams are cured. It is a very good Diuretic, Gonorrhoea and Leucorrhoea are well responded to.

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The Pharmacopoeia of Siddha Research Medicines

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CHAPTER-4

COMPOUND CHURNAMS

1. ALLERGIC SKIN CURE OR PURGATIVE KUDINEER CHURNAM (FOR PSORIASIS AND OTHER WORST SKIN DISEASES)

1. Rose Buds (ரோஜாப்பூ இதழ்)
dried in the shade and powdered — 1 part
2. Kadukoi-thole churnam — 1 ,,
3. Surat-Nilavarai churnam — 2 parts

These three ingredients are mixed together and bottled up.

Uses: When required, 2 teaspoonfuls of this compound churnam are taken up, water is added about one Madras measure in a chatty, boiled and reduced to 1/8th part. This is then filtered and sweatened with sugar or Karkandu.

Dose: 2 to 4 ounces of the decoction may be given one in the morning or twice a day, depending upon the number of motions the patient gets. The same decoction may be repeated for 3, 5 or 7 days for a course.

Bath may be given, butter milk and rice may also be given to stop the motions.

Uses: Psoriasis and all worst skin diseases are cured. Constipation, Worms intestines and intestinal colic are also relieved.

N. B: This Compound powder may also be given with honey twice a day in powder form either alone or with anyother suitable medicines such as Ayaveeram, Parangipathangam, Karuvanga chenduram and P.S.M.M. Parpam etc.

2. AMUKARA CHURNAM COMPOUND

1.	Lavanga churnam	— 1 part	or	2½	drams
2.	Chirunagapoo churnam	— 2 parts	or	5	drams
3.	Elakoiarisi churnam	— 4 parts	or	10	drams
4.	Milaku churnam	— 8 parts	or	2½	ounces
5.	Thippili churnam	— 16 parts	or	5	ounces
6.	Chukku churnam	— 32 parts	or	10	ounces
7.	Seemai or Nattu Amukara churnam (Purified in steam bath in cow's milk)	64 parts	or	20	ounces
8.	White sugar	— 128 parts	or	40	ounces

All are mixed well and bottled up.

Dose: 10 to 30 grains may be given with honey or warm water or other anupanams.

Uses: Eight types of Gunmam, Liver and Spleen ailments, Gastric pain, Flatulence, Gonorrhoea, Gleet, Leucorrhoea, Hiccup Pandu, Sobai, Kamalai, Bronchial asthma, Cough, Kaya-Noi, Dryness, burning sensation of both extremities and general debility are relieved.

Note: 1. ABOVE ALL, this medicine together with Annapodi acts prodigiously well in cases of **Hypertension** in my experience.

Note: 2. ABOVE ALL, this medicine together with Annapodi No. 1 acts prodigiously well in cases of **Hypertension** in my experience.

Note: 3. Amukara Churnam Compound without sugar for the use of Diabetics is termed Amukara churnam compound No. 2.

3. ANNAPODI No. 1 OR D. D. S. REMEDY

1. Chukku churnam
2. Milaku churnam
3. Thippili churnam
4. Lavanga churnam
5. Elakaiarisi churnam
6. Jeeraka churnam
7. Thalisapathri churnam
8. Jathikai churnam
9. Jathikottam churnam
10. Chirunagapoou churnam
11. Chitharathai churnam
12. Vayuvilanga churnam
13. Thandrikai churnam

Of each in equal parts or 2 ounces eaeh.

These powders are well mixed together, kept soaked in Lime fruit juice (about 50 fruits) for one or two days then allowed to dry in the sun, powdered and bottled up.

Dose : 10 to 15 grains B. D. may be given with honey or other suitable anupanams. This may be taken with principal meals also.

Uses: Indigestion, Beelching, Eructations, Distaste, Vanthi Bronchits and Nausea etc. are cured. Appetite is improved.

4. ASHTATHI CHURNAM (Siddha Special)

1.	Thippili fried churnam	— 8	parts
2.	Chukku churnam	— 7	"
3.	Karunjeerakam fried churnam	— 6	"
4.	Jeerakam fried churnam	— 5	"
5.	Milaku fried churnam	— 4	"
6.	Induppu nicely powdered	— 3	"
7.	Perungkayam fried churnam	— 2	"
8.	Omum fried churnam	— 1	part

In this ratio, these eight ingredients are taken, mixed together and added (9) **white sugar** equal to the total weight of the previous eight ingredients.

Note : For the use of the Diabetic patients the above Ashtathi churnam may be prepared without white sugar or in its place Seendil-Sharkarai may be substituted.

Dose : 10 to 20 grains may be given twice a day with honey or Cow's ghee or butter milk or with Principal meals just like Annapodi and Ashta churnam.

Uses : All gastrointestinal diseases and lung troubles are relieved.

5. ASHTA-DEEPAGNI CHURNAM (Siddha)

1. Thippili fried churnam
2. Chukku churnam
3. Karunjeerakam fried churnam
4. Jeerakam fried churnam
5. Milaku fried churnam
6. Induppu nicely powdered
7. Perungkayam fried churnam
8. Omum fried churnam

Of each equal parts.

These eight ingredients are taken in equal parts, mixed together and preserved in a bottle. This is said to be Ashtadeepagni churnam or Hinguashtaka churnam.

Dose and **Uses** are the same as that of Annapodi and Ashtathi churnam.

6. AVARAI VERPATTAI EXTRACT COMPOUND (or Madhumega Nivarani Churnam)

Green Avarai Verpattai 40 palams-well pounded in a stone mortar (கல் உரல்), placed in a mud pot, water added 50 Madras measures, boiled, reduced to ¼th part or less, cooled and then the decoction filtered after well crushing the bark sedtments with the hands.

This decoction is again boiled into Kulambu pakam exposed to the sun, dried, powdered, weighed and preserved. This extract now weighes 24 tolas.

1. This Avaraiver pattai extract powder is taken — 24 tolas
2. Seendhil Sharkarai — 6 ,,
3. Navarkottai powder — 6 ,,
4. Nellikoi juice powder — 6 ,,
5. Chirukurinjan powder — 6 ,,
6. Adutheendapalai extract or Adutheenda palai leaves churnam — 6 ,,

All these ingredients are well mixed together and bottled up.

Dose. 10 to 30 grains B. D. with honey or other suitable anupanams may be taken.

Note: This is a very very effective medicine in Diabetes mellitus when given with Abreka Chenduram and Karuvanga Baspam No. 2. Within 10 day Glycosurea with other complications such as Albumen and skin diseases disappears marvellously and the patient feels quite satisfied. This is otherwise called **Diabetes cure No. 3** in our medicinal specific chapter.

7. DHATHU BUSHTI CHURNAM No. 1

1. Nilapanai Kizhangu churnam — 5 tolas
2. Bhoomi sharkarai kizhangu churnam — 5 ,,
3. Poonaikali-vithu churnam — 5 ,,
4. Thannirvittan kilangu churnam — 5 ,,

Mixed well and bottled up.

Dose: 5 to 15 grains twice a day may be given with Cow's milk.

Uses: This is a Nervine tonic and sexual tonic. Impotency is relieved and strengthening of semen is ensured. Heat of the body is adminished.

8. DHATHU BUSHTI CHURNAM No. 2

1. Nilapanai kizhangu churnam — 10 tolas
2. Bhoomi sharkarai kizhangu churnam — 10 ,,
3. Poonaikali vithu churnam — 10 ,,
4. Thannirvittan kizhangu churnam — 10 ,,
5. Salamisri churnam — 10 ,,

These are all mixed well and bottled up.

Dose and **Uses** are the same as that of Dhathu-Bushti Churnam No. 1. It develops and matures the semen and thereby strengthens the general vitality. It is similar to multivites.

9. DHATHU BUSHTI COMPOUND POWDER

1. Ghendakam — 1 dram
2. Thalakam — 1 dram

Powdered nicely, mixed together, heated over charcoal fire in an agal till a gummy consistency is formed, then powdered and bottled up.

This is very good in effect like "Gold Baspam" and acts as Nervine Tonic when given with Jathikai and Lavanga Churnam at bed time only once a day followed by a cup of milk. It acts as a sexual tonic. We have made into a compound as follows:

1. Ghendakam, Thalakam Chenduram — 1 part
2. Jathikai, Lavangam powders of each — 4 parts

Mixed well and bottled up.

Dose: 2 to 4 pinches to be taken with honey followed by a cup of milk at bed time daily for a fortnight.

Uses: Are the same as stated above. (Traditional process).

10. DRY COUGH POWDER (OR PUKAI ERUMAL CHURNAM)

1.	Chukku churnam	Of each in equal parts (fine churnam.
2.	Milaku churnam	
3.	Thippili churnam	

These three ingredients should be nicely strained through fine cloth and mixed.

4. White sugar (வெள்ளை சர்க்கரை, தவுட்டு சீனி) equal to the total weight of the first three ingredients is added to the above compound churnam and mixed well.

Dose: 10 to 20 grains may be given twice a day well mixed with Cow's ghee.

Uses: Pukai erumal or Dry cough or Varatchi erumal or Persistent cough is cured in 3 days.

11. ELAI ERUMAL CHURNAM No. 1

1.	Adathodai leaves churnam	— 2	parts
2.	Karunthulasi churnam	— 1	part
3.	Thuthuvalai churnam	— 1	,,
4.	Kandangkathiri churnam	— 1	,,
5.	Potrilaikaiyan churnam	— 1	,,
6.	Mushumushukkai churnam	— 1	,,
7.	Kanjangkorai churnam	— 1	,,
8.	Kuppaimeni leaves churnam	— 1	,,
9.	White sugar	— 9	parts

All the ingredients are well mixed and bottled up.

Dose: 5 to 15 grains may be given with honey or other suitable anupanams twice a day.

Uses: Kasam, Swasam, Kshayam, Particularly Chronic bronchitis, oppressions of the chest due to accumalation of Phlegm and Bronchial asthma etc. are relieved.

Note: 1. A dose of Kasthuri chenduram P.S.M.M. Baspam and this Elai erumal churnam produce quicker recovery in severe type of Bronchial affections.

Note: 2. The above herbs are secured fresh and green, each of them is dried in the shade, powdered, strained and then taken for use in **nice powder form.**

12. ELAI ERUMAL CHURNAM No. 2 OR THUTHUVELAI CHURNAM COMPOUND

1. Thippili churnam — 1 part or 3 tolas
2. Thuthuvelai samoola churnam — 2 parts or 6 tolas
3. White Sugar — 3 parts or 9 tolas

These are mixed well in a morter and bottled up.

Dose: 5 to 10 grains may be given with honey or cow's ghee or butter or other suitable anupanams twice a day.

Uses: Kasam, Swasam, Kshayam, (all bronchial affections) Jwaram, Eraippu and Vatha-Kapha diseases are cured. Obesity is relieved.

13. ERAIPPU (Elai) ERUMAL CHURNAM No. 3 (Special) OR BRONCHIAL ASTHMA PREVENTIVE & CURATIVE CHURNAM

1. Kuppaimeni leaves churnam }
2. Chiru Cheruppadai churnam } Of each 8 ounces.
3. Potrilaikaiyan churnam }
4. Milaku fried churnam — 4 ounces
5. White Sugar — 14 ounces

All the above ingredients are mixed together and bottled up.

Dose: 10 to 30 grains may be given twice a day with honey.

Uses: Prolonged Bronchial troubles particularly chronic Bronchitis, Bronchial asthma, Consumption, flatulance and Vayu are not only cured but they are also prevented from further attacks **till the death of patients.** This is guaranted in the old Siddha Medical Works.

14. ELAI ERUMAL CHURNAM No. 4

1. Chukku churnam
2. Milaku churnam
3. Thippili churnam
4. Chittarathai churnam
5. Elarisi churnam
6. Thalisapathiri churnam

} Of each equal parts of 5 oz. each.

7. White sugar-equal to the total of the above six ingredients or 30 oz.

To be mixed well and bottled up.

Dose: Thirukati dose or 10 to 15 grains to be given well mixed with honey 2 or 3 times a day.

Uses: All lung troubles are relieved esp: Bronchial asthma and Eusinophilic Lungs.

15. ELATHI CHURNAM

1.	Lavangam	— 1 part
2.	Milaku	— 2 parts
3.	Chirunagapoou	— 4 ,,
4.	Thalisam	— 8 ,,
5.	Kugaineer	— 16 ,,
6.	Chukku	— 32 ,,
7.	Elakkai	— 64 ,,
8.	Sharukarai	— 128 ,,

Mixed well and bottled up.

Dose: 10 to 20 grains B. D. with honey.

Uses: Pithavayu, Vayu, Granthi, Vranam, Arigranthi, Chilvisham, Kuttam, Kurai Noi, Perumpadu and Elumpurukku Noi etc. are cured.

16. GRAHANI KAPADA CHURNAM No. 1 OR DIARRHOEA CURE

1.	Mashikai churnam	— 1 part
2.	Jathikai churnam	— 1 ,,

3. White Kashukatti churnam — 1 part
4. Abin powdered if available $\frac{1}{2}$ to $\frac{1}{2}$ part may be added.

All these ingrediants are nicely powdered, mixed together and preserved in a bottle.

Dose: 5 to 15 grains according to the age may be given well mixed with honey. Better to give this with a few grains of **Vashambu churnam compound** and Naga Baspam No. 1. or Naththai Baspam in cases of Diarrhoea. But in Dysentery this Kapada churnam or the other Seethabedthi churnam may be given with a few grains of Singi churnam compound or Kashukatti churnam compound and Naga Baspam or Naththai Baspam. Separate receipies for Diarrhoea and Dysentery are noted elsewhere.

Uses: Diarrhoea, Colitis, Sprue and Dysentery are cured when given as indicated above. Very good responde in all these cases.

Note: In the absence of opium, Posthekaithole-extract nicely powdered $\frac{1}{4}$th part may be added and used. If not it may be omitted and prepared.

17. GRAHANI KAPADA CHURNAM No. 2
(OR SEETHABEDHI CHURNAM)

1. Salamisiri churnam — 1 part
2. Mashikai churnam — 2 parts
3. Jathikai churnam — 1 part
4. Cheenakarkandu churnam — $2\frac{1}{2}$ parts

These four ingrediants are well mixed and preserved in a bottle.

Does: 5 to 15 grains may given with honey 2 or 3 times a day as that of Grahani kapada churnam No. 1.

Uses: Diarrhoea, Dysentery and Colitis are cured. Better to give this powder along with a dose of either Singi churnam or Kashukatti churnam and Naga Baspam No. 1 in cases of Sprue and Dysentery with Blood, Mucus and tenesmus which are quickly relieved.

18. GOWTHAMAR CHURNAM

(For Elai Erumal and Kshyam)

1.	Kadukkai thole churnam	— 2	tolas
2.	Arisi thipaili churnam	— 2	"
3.	Chitharathai churnam	— 2	"
4.	Valmilaku churnam	— 4	"
5.	Jathikai churnam	— 2	"
6.	White sugar	— 12	"

Dose: 10 to 15 grains B. D. may be given with honey or ghee.

Uses: Kayanoi, Rakthamegam (Haematurea), Bronchitis, Bronchial asthma, Burning sensation of the body, Oothukamalai (Jaundice with Sobai) Aththi jwaram, Colitis, Vanthi and Idumarunthu (இடு மருந்து) etc. are cured. Particularly useful in Kshyam, Kasam and Swasam including Eraippu.

19. HEALTHY LAXATIVE KUDINEER CHURNAM

(1) Chukku (2) Pinchu Kadukkai (3) Sureth Nilavarai of each churnam equal parts. Mixed well and bottled up.

Dose: One teaspoonful powder to be added to 1 Lb. of water, boiled, reduced to $\frac{1}{4}$th part, filtered and taken at bed time. Motions will be passed early morning.

20. INDIGESTION CURE

1.	Pappalikai-thole powder	— 4	ounces (1 part)
2.	Soda mint powder	— 2	ounces (100 tablets) or $\frac{1}{2}$ part
3.	Milaku churnam	— 1	ounce or $\frac{1}{4}$th part
4.	Lavanga churnam	— 1	teaspoonful (or about 10 Lavangam for 1 ounce of the compound)

Dose: 5 to 15 grains may be given with honey twice a day.

Uses: Indigestion, Flatulence, Belching, Vanthi and Loss of apetite are cured.

21. KANTHA CHURNAM
or Sobai Nivarani No. 1 (For all kinds of Dropsy)

1.	Purified Neervalam	Of each ½ tola.
2.	Chukku churnam	
3.	Milaku churnam	
4.	Thippili churnam	
5.	Iya chenduram	8 parts or 4 tolas each.
6.	Kantha chenduram No. 1	
7.	Kadukai churnam	16 parts or 8 tolas each.
8.	Nelliparuppu churnam	
9.	Nattu Sharukarai	— 26 tolas.

All are rubbed in a kalvam as per rules for being mixed together nicely and bottled up.

Dose: 5 to 10 grains once or twice a day may be given with hot water or fruit juices or barley water.

Uses: (Dropsy of all kinds) Pandu, Sobai, Kamalai, Peruvaiyru and Constipation are relieved.

22. KARANTHAI-KAIYAN CHURNAM
OR GREY HAIR CURE (Internal Medicine)

1. Kottai Karanthai or Sivakaranthai (green-secured, at the time of flowering) samoolam is secured, dried in the shade and then nicely powdered and strained through cloth.

2. Potrilaikaiyan Samoolam, green-secured, dried in the shade, powdered nicely and strained through cloth or in the alternative Potrilaikaiyan pavanai churnam (mentioned under chapter-4) may be taken. These two fine powders are taken in equal parts, mixed together and preserved in a bottle.

Dose: 5 to 15 grains may be given with honey or cow's ghee twice a day for about 45 days. The dose can be gradually increased.

Uses: Grey hair becomes normal coloured in young people. The general health and complexion are much improved.

23. KARIVEPPILAI CHURNAM COMPOUND No. 1 OR ANNAPODI No. 2

1. Chukku churnam
2. Milaku fried churnam
3. Thippili fried churnam
4. Jeerakam fried churnam
5. Perungkayam fried churnam
6. Induppu powder

Of each one part.

7. Kariveppilai leaves, fried with cow's ghee and powdered 3 to 4 parts.

All these powders are mixed well and bottled up.

Dose: 5 to 15 grains or about $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful may be taken twice a day with principal meals or with butter-milk or honey and lime fruit juice.

Uses: Indigestion, Flatulence, Stomachache, Diarrhoea, Chestpain, Heart-burn, Dry-cough, Vomiting and Sluggish Liver etc. are cured when given with suitable anupanams.

24. KARIVEPPILAI CHURNAM COMPOUND No. 2 OR ANNAPODI No. 3

1. Chukku churnam
2. Milaku fried churnam
3. Thippili fried churnam
4. Jeerakam fried churnam
5. Karunjeerakam fried churnam
6. Omum fried churnam
7. Perungkayam fried churnam
8. Induppu nicely powdered

Of each in equal parts or about 5 ounces each.

9. Kariveppilai churnam — 4 parts or 20 ounces.

(Green kariveppilai leaves are gently fried with Cow's ghee, nicely powdered, strained through sieves and added).

All these nine powders are mixed well & bottled up.

Dose : 10 to 20 grains may be given twice a day with the following anupanams for diseases noted against each.

Uses : (1) With honey this Annapodi may be given in cases of Diarrhoea. After each motion, a smart dose may be given. In about 4 doses Diarrhoea becomes quite alright. (2) With lime fruit juice or cold rice conjee-water (நீராகாரம்) or rice sour water (புளித்த தண்ணீர்) this powder may be given for Pitha-Vayu or dyspepsia, also for Nausea, Vomiting, Disinclimation for food (anorexia) and for stomach pain. (3) With a mixture of Inji juice, Lime juice and honey this powder may be given for gastic troubles (Dyspepsia), heart burn and chest burn (குலை எரிவு) etc. (4) With cow's ghee or honey this powder may be given for Dry cough (புகைச்சல் இருமல்).

25. KARIVEPPILAI CHURNAM COMPOUND No. 3 OR ASHTA CHURNAM (Special)

1. Chukku churnam
2. Milaku fried churnam
3. Thippili fried churnam
4. Omum fried churnam
5. Induppu (or uppu chenduram ($\frac{1}{2}$th dose)
6. Karivappilai (fried with ghee and powdered)
7. Perunkayam fried churnam
8. Chundai-vartal fried churnam

Of each epual parts or 2$\frac{1}{2}$ ounces.

Mixed well and bottled up.

Dose : Thirikadi dose or 5 to 15 grains twice a day with ghee or along with meals.

Uses : Indigestion, Flatulance and Dysentery are cured.

Note: Ripe mango, dried nut paruppu, fried with ghee and powdered may be also be added.

26. KARIVEPPILAI CHURNAM COMPOUND No. 4
(or Seetha-Raktha-Moola Kothippu Nivarani)

1. Ripe mango fruti kernal powder (Fried with ghee and powdered)
2. Kariveppilai churnam (Fried with ghee and powdered)
3. Chundi-vartal churnam (Fried with ghee and powdered)

Mixed well and bottled up.

Dose: 5 to 20 grains may be given twice a day with cow's butter or cured.

Uses: Seetham, Raktham, Bedhi, Moolakothippu and Moolakaduppu are cured. Dysentery is very well responded to.

27. KASHIKATTI CHURNAM COMPOUND

1.	White Kashikatti churnam or Red Kashikatti chnrnam	— 3 parts
2.	Lavangappattai churnam	— 3 ,,
3.	Lavanga churnam	— 2 ,,
4.	Jathikai churnam	— 1 part

These four ingredients are mixed well and bottled up.

Dose and **Uses** ars the same as that of Singi churnam compound mentioned under this chapter. The churnam stops blood and mucus in the stools. Tenesmus and pain are relieved in Dysentery and Colitis.

28 KATTUVATHI CHURNAM (Special) for Children

1.	Grahani Kapada churnam	— 2 oz.
2.	Vashambu churnam	— 2 oz.

3. Amaiodu baspam No. 2 or 3	—	1 oz.
4. Naga baspam	—	$\frac{1}{4}$ oz.

Mixed well and bottled up.

Dose: 2 to 4 Grains according to the age of the children to be given twice or thrice a day with honey or other suitable anupanams.

29. KEELVAYU NIVARANA CHURNAM OR Anti-Rheumatic and Anti-Arthritic Remedy (Special)

1. Nannariverppattai fine churnam	—	10 tolas
2. Parangippattai fine and purified churnam	—	10 tolas
3. Seemai Amukara purified fine churnam	—	10 tolas
4. Chittaraththai fine churnam	—	5 tolas

These four churnams are mixed together & bottled up.

Dose: 10 to 20 grains may be given twice a day well mixed with honey or other suitable anupanams.

Uses: All sorts of Joint lesions including Rheumatoid arthritis and skin lesions are cured.

Note: In extreme acute type of joint affections this churnam may be given twice a day, together with Chandamarutham or Kalameganarayana chenduram, Aya-Veeram and Vanga chunnam under dietetic restrictions for about 5 to 7 days. To be repeated if necessary after a fortnight.

2. White sugar may be added to the above Keelvayu Nivarana churnam compound if necessary to the extent of half of the total weight (ie. 17½ tolas.)

30. KUNGILYA CHURNAM

1. White Kungilyam finely powdered 5 palams is taken.

2. Ilaneer (tender coconut water) Nos. 6 to 8 Ilaneer may be added to the Kungilyam in a vessel and boiled until the water is almost reduced. This is then dried in the sun.

3. This process of adding tender coconut water, boiling and drying in the sun is repeatedly done 2 or 3 times more. Final Kungilyam churnam is powdered and bottled up.

Dose: 5 to 10 grains may be given with Cow's butter or ghee or honey or other soothing Diuretic herbal juices or decoctions.

Uses: Inflammation of the buccal mucus membrane and gastro intestinal tract, Kidney lesions, burning micturition and burning of the body and extremities are cured. Gonorrhoea and Leucorrhoea are well responed to.

31. MANTHAVAYU CHURNAM OR VAYU CHURNAM

1. Jeerakam churna	Of each equal parts or 5 oz each.
2. Elakai Arisi churnam	
3. Pachaikarpura churnam	
4. Karumbu Sharkarai	— 3 parts or 15 oz.

Mixed well and bottled up.

Dose: 10 to 15 grains may be given twice a day with honey.

Uses: All digestive troubles particularly Indigestion, Dyspepsia, Gastric pain and High blood pressure are cured.

32. MYLERAKATHI CHURNAM OR VIKKAL CHURNAM No. 1 (Special)

1. Thippili fried churnam — 8 parts or 4 tolas
2. Jeerakam fried churnam — 10 parts or 5 tolas

3. Mylerugu churnam burnt-char – 4½ parts or 2¼ tolas
4. Pattu-Koondu burnt-char – 4½ parts or 2¼ tolas

Mixed well and bottled up.

Dose: 5 to 10 grains twice or thrice a day with honey may be given.

Uses: Hiccup, Vanthi and Nausea are relieved promptly.

33. NEPHRITIS CURE CHURNAM
or Sobai Nivarani Churnam

1. Lohamanduram — 1 part or 1 oz.
2. Vedi Annabedhi — 1 part or 1 oz.
3. Silajathu Baspam — 1 part or 1 oz.
4. Vedichunnam No. 2
   or Vengkara chunnam — ½ part or ½ oz.
5. Ascites cure churnam — 3½ parts or 3½ oz.

Mixed well and bottled up.

Dose: 5 to 15 grains to be given with honey or other suitable anupanams.

Uses: Sobai of all kinds, Pandu and Kamalai are relieved. Nephritis acute and chronic is cured.

34. PANCHADEEPAGNI CHURNAM No. 1

1. Chukku churnam
2. Milaku fried churnam
3. Thippili fried churnam
4. Elakkaiarisi fried churnam
5. Jeerakam fried churnam

} Each in equal parts of 5 ounces each.

6. White Sugar — ½ Viss or 25 ounces.

All these drugs are well mixed together & bottled up.

Dose: 10 to 30 Grains may be taken with Cow's ghee or honey twice a day.

Uses: All Ushna-diseases, Soolai Noi, Pitha-vayu Kapha diseases, Flatulence, Indigestion, Giddiness, Aththi-Jwaram, Vettai and Moola vayu are cured.

Note: This is a good medicine for the coordinate functions of all digestive organs including Liver, Pancreas, Gastic and duodenal juices.

35. PANCHADEEPAGNI CHURNAM No. 2

1. Chukku churnam
2. Milaku churnam
3. Thippili churnam
4. Jeeraka churnam
5. Elarisi churnam

Of each one palam or one part.

6. White sugar — 10 palams or 10 parts
7. Induppu Navakshara Baspam — 5 parts or 10 palams

Mixed well and bottled up.

Note: Nos. 1 to 6 is called Panchadeepagni churnam No. 1.

Dose and Uses are the same as that mentioned under Induppu Navakshara baspam and under Panchadeepagni churnam No. 1.

Note: Gastro-intestinal diseases are well responded to. All ailments mentioned under Induppu Navakshara baspam and Panchadeepagni churnam are cured.

36. PANCHADEEPAGNI CHURNAM No. 3

1. Panchadeepagni churnam — 4 ounces
2. Minsara Rasam — $\frac{1}{2}$ dram.

Mixed well and bottled up.

Dose: 10 to 15 grains twice a day with Orange juice or hot water or butter milk or honey may be given.

Uses: It is a good digestant, improves the apetite, elimination of alimentary gas is produced and thus relieves flatulance and all other digestive disturbances.

37. PANCHADEEPAGNI CHURNAM No. 4 (Traditional)

1. Chukku Churnam
2. Milaku ,,
3. Thippili ,,
4. Kothamalli ,,
5. Elarisi ,,

Of each 6 tolas. To be mixed well.

6. Cheena Karkandu — 30 tolas.

The above may be used as churnam in a dose of $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful or 15 to 30 Grains B. D. with honey or the above compound churnam may be mixed with pure honey into a Lehiyam and taken in a dose of $\frac{1}{4}$ to $\frac{1}{2}$ tola B.D. Better to prepare the Karkandu into a suitable syrup, the churnam be mixed in it and the Honey added when it is cooled in the end.

Uses: Pithavayu, Indigestion, Vanthi, Hiccup and Eructations etc. are relieved.

38. PANCHADEEPAGNI PAVANAI CHURNAM

(For use in Jeevaloka chenduram)

Chukku, Milaku, Arisithippili, Jeerakam and Elakkaiarisi are taken in equal parts in powder form. It is also advisable to includes Lavanga churnam in this process as 6 ingredients. These six churnam are mixed in a kalvam, rubbed with the juice of Manjal Karisalai for 3 days, allowed to dry in the sun with the kalvam and powdered again.

This process of rubbing with the juice of Potrilaikaiyan leaves for 3 days each time and drying in the sun are repeatedly done not less than 3 times on the whole. It is then finely powdered and bottled up for use in

Jeevaloka chenduram, Jeevaloka melugu and also for independent use as in the case of Panchadeepagni crhunams No. 1 and 2.

39. PANCHALAVANA THAIRCHUNDI CHURNAM

(பதார்த்த குணவிளக்கம், தாதுசீவவர்க்கம்)

Panchalavanam (such as Kalluppu, Induppu, Valayaluppu, Shotruppu, Vediuppu of each two palams or 6 tolas. Shukku (மாச்சுக்கு) powdered – 30 tolas.

Mode of Preparation:

The salts are finely powdered, put in a bowl, chukku powder is added mixed well, poured in it Baffalos' sour curd one Madras measure, stirred well and kept exposed to the hot sun until it is completly dried. Then it is again nicely powdered and bottled up.

Dose: Thirukati dose to be taken with sour curd 2 or 3 times a day.

Uses: Gunmam, Vaitruvali, Andavayu, Grahani, Indigestion, Mahodaram, Vadhakudachal, etc. are cured.

40. PARANGIPPATTAI CHURNAM COMPOUND

1. Purified Parangippattai churnam
2. Karunthulasi leaves churnam

Of each equal parts mixed well and bottled up.

Purified Parangi pattai churnam may be kept soaked in an equal quantity or more of Karunthulasi fresh juice. exposed to the hot sun, often kindled and allowed to dry completely. Thereafter it may be powdered and bottled up for use. Or the above process of adding Karunthulasi juice and drying may be repeated once or twice more.

Dose: 5 to 20 grains twice a day with cow's ghee or honey or with sugar may be taken.

Uses: All kinds of Mega-Noi, Karunguttam and Leucoderma are cured. Ushnam is relieved. Good apetite is ensured, Scabis, Padai, Karappan Kalkaduvan and Vranams are rapidly healed by the internal administration of this compound churnam.

41. PASUNEER KADUKKAI CHURNAM

1. Cow's urine – 4 Madras measures.
2. Ripe or well matured Surat Kadukkai, big size 100. Its outer skin is secured, powdered put in the Cow's urine, kept for a day, next day boiled, reduced to ½ part of the urine, taken out and added the following ingredients:

1. Chukku churnam – 25 p. w.
2. Panaivellam or Panamkarkandu 2 palams or 6 tolas or even 12 tolas may be added.

All are well mixed together, again boiled into Kuzhambu pakam, preserved in a glass jar and kept burried in paddy heap for 10 days. Next it is taken out, stirred well and stocked.

Dose: ½ to one teaspoonful may be taken morning and evening according to the toleration of the patient and severity of illness.

Uses: Pitha Sobai, Pandu, Vayu, Moolam, Mahodaram, Ashta-Gunmam, (abdominal tumours), pleegam or enlarged spleen etc. are cured .In Nephritis it is best suited when given with **Albuminurea cure parpam.**

42. POTRILAIKAIYAN PAVANAI CHURNAM
(For use in Jeevaloka Chenduram and Melugu)

Potrilaikaiyan samoolam, green and fresh is secured in sufficient quantity, dried in the shade, powdered nicely, strained through sieves and is kept ready.

This Karisalai churnam is placed in a kalvam, rubbed with the juice of Potrilaikaiyan leaves for 2 or

3 days, allowed to dry with the kalvam in the sun and powdered again.

This process of rubbing with the same Manjal Karisalai juice for 2 or 3 days and drying in the sun are repeatedly done not less than 3 times on the whole and finally it is finely powdered. This churnam is preserved in a bottle for use in Jeevaloka chenduram and Jeevaloka melugu and also for independent administration in 10 to 15 grains dose twice a day with suitable anupanams for Pandu, Sobai and Kamalai. It is a Brain and Liver Tonic too.

43. RASATHI CHURNAM (Traditional)

1. Chukku churnam — 10 p. w.
2. Thippili ,, — 10 ,,
3. Elam ,, — 10 ,,
4. Kothamallee ,, — 10 ,,
5. Athimathuram churnam — 10 ,,
6. Kugaineer ,, — 10 ,,
7. Perreechampazham — 10 ,,
8. Munthiripazham or Drakshai — 10 ,,
9. Jathikai — 5 ,,
10. Lavangam — 5 ,,
11. Thakkolam — 5 ,,
12. Shannalavangapattai — 5 ,,
13. Kasthuri manjal — 5 ,,
14. Chirunagapoou — 5 ,,
15. Lavangapathiri — 5 ,,
16. Chandanakattai churnam — 5 ,,
17. Vettiver churnam — 5 ,,
18. Jeerakam ,, — 5 ,,
19. Nelliparuppu ,, — 5 ,,
20. Nerpori ,, — 5 ,,
21. Vilamichamver churnam — 5 ,,
22. Gorojanam ,, — 5 ,,
23. Koraikizhangu ,, — 5 ,,
24. Jathi Koshtam ,, — 5 ,,
25. Aththipazham ,, — 5 ,,
26. Avarampoo Arisi churnam — 5 ,,
27. White sugar — 5 Madras palams or 30 tolas.

All are powdered, weighed, mixed together and preserved in a bottle.

Dose: Verukadi piramanam or about ½ teaspoonful to be taken with Honey, Milk, Ghee, Cheese or Butter morning and evening.

Uses: Rakthapitham, Vanthipitham, Amilapitham, Flatulence, Giddiness, Thirsty, Valarikkai, Moorchai, Manthagni, Kalkai-erivu, (Peripheral Neuritis) Chestburn, Raktha Athisaram, Ethiredukkira Rakthapitham (எதிரெடுக்கிற ரத்த பித்தம்) Aththi Jwaram and Raktha pramiyam etc. are cured.

44. SINGI CHURNAM COMPOUND

1. Lavangam fried churnam
2. Lavangappattai churnam
3. Kadukaipoou churnam

Of each in equal parts.

These three ingredients are mixed well and preserved in a bottle.

Dose and **Uses** are the same as that of Seethabedhi churnam or Grahani kapada churnam No. 2. However this compound powder is particularly useful in cases of profuse mucus and blood in the stools. This may be mixed with burnt up Lime juice and licked up 2 or 3 times a day either alone or with Naga baspam, Pavala baspam, Amaiodu baspam and Sangu baspam.

45. SIVATHAI CHURNAM COMPOUND

1. Karumshivathai ver (கருஞ்சிவதை வேர்) churnam (already purified by steam-bath in cow's milk or by boiling in milk at first, drying & then powdering)–28 p.w.

2. Kadukkai
3. Thandrikai
4. Kothamallee
5. Jathikai
6. Vai-vidangam

Of each one p.w. churnam

7. Chukku
8. Milaku
9. Lavangam } Of each one p.w. churnrm.
10. White sugar — equal to the above weight or 36 p.w.

All are mixed together and bottled up.

Dose: Thirikadi dose or about ½ teaspoonful to be taken with hot water once or twice a day.

Uses: Vadham 80, Pitham 40, Moolavayu, Kulaivapu (Dyspepsia) and Constipation etc. are relieved.

46. STOMACHACHE CURE

1. Pappali dried fruit churnam — 1 part or 4 ounces
2. Soda Mint powder (We used here only 100 tablets) — ½ part or 2 ounces
3. Milaku churnam — ¼ part or 1 ounce.
4. Lavanga churnam — 1 teaspoonful (or about 10 Lavangams for one ounce of the compound).

All the above four ingredients are well mixed together and bottled up.

Dose: 5 to 15 grains may be given with honey twice a day.

Uses: Dyspepsia, Indigestion, Flatulance, Anorexia, Vanthi, Belching and Intestinal colic etc. are relieved.

47. THALISATHI CHURNAM No. 1

1. Chukku churnam
2. Milaku churnam
3. Thippili churnam
4. Chiththarathai churnam
5. Elarisi churnam
6. Thalisapathiri churnam } Of each equal parts or 10 tolas each.
7. White sugar or Karumbu sharukarai — 60 tolas.

Mixed well and bottled up.

Dose: 10 to 30 grains to be given with honey 2 or 3 times a day.

Uses: Elai Erumal, Jwaram, Chestpain, Chest-phlegm and Vayu etc. are cured.

48. THALISATHI CHURNAM No. 2 (For Elai Erumal)

1.	Thalisapatri churnam	— 10	parts	or	10	oz.
2.	Milaku churnam	— 1½	,,	,,	1½	,,
3.	Chukku churnam	— 2	,,	,,	2	,,
4.	Thippili churnam	— 2	,,	,,	2	,,
5.	Kugaineer	— 3	,,	,,	3	,,
6.	Elakai Arisi churnam	— ½	,,	,,	½	,,
7.	Lavangapattai churnam	— ½	,,	,,	½	,,
8.	White Sugar	— 20	,,	,,	20	,,

Mixed well and bottled up.

Dose: Thirukati churnam to be taken with honey or ghee or other suitable anupanams.

Uses: Kasam, Swasam and Kayanoi are cured. Apetite and digestion are improved.

49. THIRIKADUKU CHURNAM

1. Chukku churnam
2. Milaku churnam } Of each in equal parts.
3. Thippili churnam

These three ingredients are well mixed together in a mortar and bottled up.

Uses: It is a remedy for all the three doshic conditions.

This is mostly used as Thunai marunthu or as an Alterative and corrective medicine in certain collective medicinal administrations.

50. THIRIPHALA CHURNAM No. 1

1. Kadukkai thole churnam
2. Thandrikai thole churnam
3. Nellivartal churnam

Of each in equal parts.

These three ingredients are mixed together in a stone mortar and bottled up.

Dose: 5 to 15 grains may be given twice a day with honey or other suitable anupanams.

Uses: Fissure anus or other anal ulers, Eraippu, Flatulance, Gunmam, Skin diseases, Nasal diseases, Paroxysmal cough (குத்திருமல்), Pandu, Gonorrhoea, Leucoderma, Leucorrhoea, Spleean diseases, Vaitruvali, Vranam, Ascesses, Moorcharogam, Vegetable and Animal poisons etc. are cured. Further pus oosing of lymph, Fattiness of the body, Oppression of chest with accumulation of Phlegm and Raktha pitham are also well responded to.

Note: This Thiriphala churnam may be used in the form of Decoction, Lehiyam, Churnam and Thailam etc. for the above ailments. In the form of Decoction it may be used as gorgle in dental diseases and oral sepsis. The decoction is also used for rubbing in kalvam certain chendurams like Abreka chenduram.

51. THIRIPHALA CHURNAM No. 2

(Meant for Diabetic Medicines)

1. Kadukkai thole churnam (Abaya Kadukkai)	— 1 part or 4 ozs.
2. Thandrikai thole churnam	— 2 parts or 8 ozs.
3. Nellivartal churnam or Nellikai juice powder	— 4 parts or 16 ozs.

All these ingredients are mixed together & bottled up.

Dose: 2 to 5 grains for the Children and 15 to 20 grains for Adults with honey and ghee well mixed may be given twice a day.

Uses: All urinary diseases especially Diabetes mellitus and inspidus, including high content of blood sugar are cured. This increases the retentive memory power of brain, reduces enlargement of the spleen, improves the vision and acts as a mild laxative also. Very effective in all these ailments.

52. THUTHUVELAI SAMOOLA CHURNAM
or Obesity Cure Churnam

Thuthuvelai samoola churnam (Thuthuvelai samoolam green is dried in the shade and finely powdered lb ½ or Q.S.

Dose and **Uses**: One to two pinches to be taken (1) With honey for obesity morning and evening. (2) Similarly for general debility with Cow's milk and (3) for Bronchial troubles including Asthma with Thippili churnam and honey.

53. VASHAMBU CHURNAM COMPOUND
(For Children Special)

1. Vashambu (வசம்பு) burnt up char — 10 tolas
2. Ashtadeepagni churnam — 10 tolas

Mixed well in a kalvam and bottled up.

Dose: 2 to 5 grains B. D. with breast milk or honey may be given.

Uses: Mantha Noi, Indigestion, Vanthi, Diarrhoea, Chalikattu, Allumantham or Neerkanai and gastro-intestinal disorders in children are relieved.

Note: When this is given with Kapada churnam, each about 2 pinches Manthabethi, Indigestion and Vanthi are immediately controlled.

Note: One Viss raw Vashambu on being burnt up weight about 9 to 10 tolas of Vashambu-burnt up char. (வசம்பு சட்டகரி)

54. VIKKAL CHURNAM No. 2

1.	Lavanga churnam	Of each $\frac{1}{2}$ oz.
2.	Elarisi ,,	
3.	Jeeraka ,,	
4.	Myleragu burnt up ash	

Mixed well and bottled up.

Dose: Thirikati dose to be taken with **Kasthuri Karuppu** grain 1 and Honey 2 or 3 times a day.

Uses: Hiccup is relieved, Vanthi and Nausea are also cured.

55. VIKKAL CHURNAM No. 4

1.	Vikkal churnam Nos. 1 or 2 or 3	— 2 pinches
2.	Kasthuri chenduram	— 2 grains
3.	Vasantha Kushumaharam powderd	— 2 grains

Mixed well for one dose to be taken three times a day with honey.

Uses: Persistent Hiccup is cured.

In addition **Thamarai Vithu Paruppu No. 4 or 5** to be powdered and taken with milk two or three times a day.

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CHAPTER-5

DRAVAKAMS & JAYANEER

1. Navauppu Dravakam
2. Shanka Dravakam
3. Vazhalaiguru Jayaneer
4. Vediuppu Dravakam No. 1
5. Vediuppu Dravakam No. 2
6. Vediuppu Dravakam No. 3
7. Vediuppu Jayaneer or Vedipaul Jayaneer.

CHAPTER-5

DRAVAKAMS & JAYANEER

1. NAVAUPPU DRAVAKAM (For Preparing Kalamega Narayana Chenduram–Vide Chapter–2)

1.	Vediuppu	— 15	palams	or	45	tolas
2.	Vengkaram	— 1	palam	or	3	,,
3.	Padikaram	— 10	palams	or	30	,,
4.	Mylthuththam	— ½	palam	or	1½	,,
5.	Nattu Navaksharam	— 1	,,	or	3	,,
6.	Induppu	— ½	,,	or	1½	,,
7.	Punneer purified	— 1	,,	or	3	,,
8.	Kalluppu	— ½	,,	or	1½	,,
9.	Annabethi	— 1	,,	or	3	,,

All these nine ingredients are powdered, mixed together and subjected to the earthernware Retart process and Dravakam extracted as per rules. We got about 8 fluid ounces of Dravakam in this formula.

Uses: This is used particularly for the preparation of **Kalameganarayana chenduram** mentioned under chapter-2.

2. SHANKA DRAVAKAM

1.	Vediuppu	— 18	ounces
2.	Induppu	— 12	,,
3.	Shotruppu fried	— 6	,,
4.	Navaksharam	— 15	,,
5.	Thurusu (copper sulphate) fried white	— 1½	,,
6.	Padikaram fried	— 4½	,,

7.	Purified Punneer	— $4\frac{1}{2}$	ounces
8.	Vengkaram fried	— 6	,,
9.	Annabedhi fried red	— $1\frac{1}{2}$	,,

All the above nine ingredients are powdered, mixed together in a kalvam, dried in the sun for a day or two and then subjected to the earthernware Retart processs (ie. Dravaka-Valai). The Dravakam is collected as per rules.

Note: In order to make the Dravakam stronger in its effect, it is advisable to divide the above powders into three equal parts and use "**Madakku Dravakam Valai**" whereby a concentrated Dravakam is extracted as per rules.

Uses: The strong concentrated and the mild Shanka Dravakam are useful for preparing Baspam, Chenduram and Chunnam of Metals and Minerals. We are using it for CHANDARASA BASPAM and Jathilinga baspam. THE MILD DRAVAKAM in drop doses is given diluted with water internally in casses of Marpunoi, Vayu and Vaitruvali.

3. VAZHALAI GURU JAYANEER (Special)

1.	Purified Punneer	— 2	ounces
2.	Induppu	— 20	,,
3.	Vediuppu	— 20	,,

These three ingredients are powdered well, mixed put in a stoppered glass jar, added Vellai erukkan leaves juice (வெள்ளை எருக்கிலையை பிழிந்த சாறு) about 10 lbs and sealed with Ulunthu flour paste smeared on cloth (உளுந்து மாவு சீலை) This is dried, kept buried under earth for 45 days or more and then taken out for use as **Guru Jayaneer** which is equivalant to **Muppu**.

This is useful for preparing chenduram and baspam of Abreka Navaneetham and other metals and minerals.

This is one of the catalytic agents. This Jayaneer removes oily substance from Shavarkaram and that is why this is used for preparing Shavarkara chunnam.

4. VEDIUPPU DRAVAKAM No. 1

1.	Vediuppu	—	lbs 1-8-0	(1 part)
2.	Padikaram	—	lbs 3-12-0	(2½ parts)

These two ingredients are finely powdered, mixed together and subjected to a mud-valai. Dravakam is extracted as per rules.

About lbs 1-10-0 of Dravakam is extracted in this process.

Uses: This is meant for rubbing Iyaveera Chenduram.

5. VEDIUPPU DRAVAKAM No. 2

1.	Vediuppu	—	lb 1-0-0
2.	Padikaram	—	lb 1-0-0
3.	Induppu	—	lb 1-0-0
4.	Mylthuththam (Utter blue coloured crystals)	—	12 ounces.

These four ingredients are finely powdered, mixed well and subjected to Dravakam extraction in a suitable earthernware Retart. This Dravakam is preserved in a stoppared bottle.

Uses: This is meant for preparing special Rasa-Chenduram and thereby Thiriguna Chandamarutham etc. This Dravakam is not for internal use.

6. VEDIUPPU DRAVAKAM No. 3 (For Preparing Iyakantha chenduram Mentioned under Chapter - 2)

1.	Vediuppu	—	lb 1-0-0
2.	Padikaram	—	lbs 2-8-0

3. Shotruppu — lb - 1-0-0
(or Common salt big crystals)

These three ingredients are powdered, rubbed together or mixed well and subjected to the earthernware Retart process. This can be done in two halves also.

Proportion of the above 3 ingredients is 10:24:10 Parts. We will get about 22 to 24 ounces of the Dravakam from the above quantity.

Uses: This is used for rubbing Iyakantha chenduram mentioned under Chapter - 2.

7. VEDIUPPU JAYANEER OR VEDIPAUL JAYANEER

1. Vediuppu — lb - 1-0-0
2. Old Tamarind (பழைய புளி) -- lb - 1-0-0

These are well pounded together in a stone mortar, made into small cylinders, burnt in a mud chatty over fire, the cylinders catch fire on producing an explosive sound, and thereby form chunnam like black char.

This chunnam is collected, weighed (it may weigh about 24 tolas) Nattu Navasharam half of the weight of the chunnam is powdered and added to it. Both are carefully mixed together in a kalvam placed in a shallow porcelein dish or glass jar or E.I. plate, kept exposed to the Mist (பனி) or the Compound chunnam is kept in a glass jar in the midst of Liquor calcis (Karachunnaneer) in a shallow mud vessel and buried under the earth under the shade for about 30 to 40 days or even more. Often water is sprinkled over the spot. The vessel containing Liquor calcis is kept covered with another shallow chatty before it is Spread on the top with the earth. Jayaneer is decanted on the expiry of the above period and the remnants of the compound chunnam powder is again buried if necessary as before. This may also be repeated as long as there is a possibility of collecting Jayaneer from the remnant.

Uses: This is meant for preparing Vediuppu chunnam No. 1. This Jayaneer is also useful for preparing Thalaka Chunnam.

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CHAPTER - 6

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CHAPTER-6

EXTERNAL THAILAMS

1. ARUKAMPUL ENNAI OR DHURVA THAILAM (Special)

(For external use only)

1. Arukampul juice
   (அறுகம்புல் சாறு) — lbs 24
2. Coconut oil — lbs 6
3. Athimathuram for kalkam 30 tolas (to be rubbed into fine kalkam and added to the juice and oil in a thailam boiling vessel).

This is boiled into Thailapakam or Kara pakam, decanted while in the Vadikadam the following powders are readily kept :

4. Veppampattai fine powder — 2 tolas
5. Surulpattai fine powder — 2 tolas

These are well stirred in the hot oil. On being cooled, the thailam is bottled up.

Uses : For external application only in burns, scalds, Blisters, Scabies, Irritable ulcers, Vesicles, Karappan and other Vranams. This is a soothing oil, useful in all irritable or burning rashes or ulcers including shetruppunn, frost bite and fissure feet.

2. CHIRATTAI THAILAM OR PADAI MARUNTHU EXTERNAL No. 1

Ripe chirattai, quantity sufficient is broken in bits, dried in the sun, filled half in a big pot (pot used for kulithailam) and subjected to kulithailam as per rules.

Uses: Applied externally over dry patches of eczema and ringworm once only or repeated if necessary after 2 or 3 days.

3. CHUKKU THAILAM

(a) Chukku purified, 2 viss or 6 lbs (to be cut into small bits) Water (16 Madras measures) is added, boiled and reduced to 1/8th part.

This is strained in the thailam pot.

Gingelly oil - 1 Madras measure or 4 lbs and Cow's milk-1 Madras measure are added to the above decoction.

Kalkam Ingredients:

Chitharathai
Chukku
Milaku
Thippili
Korai kilangu
Manjittiver
Kadukai thole
Nellikai thole
Thandrikai thole
Agil kattai
Thaneer vittan kilangu
Erukkanverppattai
Kadugu rohini
Jathi kottam
Kodiveli verppattai
Devatharu kattai
Chanthana kattai
Vellai kungiliyam
Shevviam

Of each ¼ palam or 2½ drams.

Chitramanakkuver Vellalothi pattai Pereenchankai Dhrakshai Induppu	Of each $\frac{1}{4}$ palam or $2\frac{1}{2}$ drams.

All these above 24 kalkam ingredients are finely powdered individually, added together, rubbed into a kalkam and mixed with the decoction, milk and oil in the pot.

This is then boiled in slow and small fire into a thailapakam and decanted.

(a) **Kasthuri & Kungumapoo** of each $\frac{1}{2}$ dram nicely powdered are readily placed in the filtering vessel (Vadikadam வடிகடம்) while the above thailam is being decanted.

Uses: This is only an External thailam for **Bath and Nasyam.** By **local external application** Avarthavatham, (paraplegia), by Nasyam persistent head-ache, Peenisam (Sinusitis) – by **gorgling** tooth-ache, gumboil and dental vayu, – by **ear drops,** karna soolai (ear-ache), – by **chiro vasthi** in a leather bag persistent head-ache and by **applying to the chest** kozhaikattu and kural kammal (laryngitis) all these diseases are cured.

4. ELANDAIVER KULITHAILAM OR

Leucoderma Cure External oil No. 1

Elandaiver and Kottai (of an aged Elandai tree) are secured dried in the sun after being cut into very small bits about 2 or 3 visses or even more, filled up in a mud pot designed for kulithailam, mouth of the pot is covered with an agal, seven layers of clay cloth are applied to the margin, dried and the pot is subjected to putam with about 600 to 750 Viratties as per rules prescribed for the extraction of Kulithailam. On being cooled, you find dark thailam in the receiver placed in the pit under cover of the pot, dribbled through the wires in the holes provided at the bottom of the pot. This oil is secured and preserved.

Uses: By daily external application over the parts of Leucoderma, it becomes alright in about 2 or 3 weeks In certain cases this application of oil causes slight burning and inflammation after certain applications. At this stage the application is stopped and Dhurva Oil or Coconut oil is smeared over. Then the inflammation is subsided and black colour appears at the site. This is a good indication. If necessary, the Elandaiver Kulithailam may be repeated externally after a few days. This is a very useful remedy for **Leucoderma** by external application.

5. GHENDAKA ENNAI OR CHIRANGU ENNAI

(For External Application – Traditional)

1.	Lavangam	— 2	tolas
2.	Shudan	— 2	"
3.	Nellikai Ghendakam	— 4	"
4.	Vediuppu	— 1	"
5.	Cocount oil	— 1	lb.

The above ingredients are powdered individually, mixed well in a kalvam, added to the Coconut oil, kept exposed to the sun for 3 days and then used externally.

Uses: To be applied externally over the Scabies at night and washed early morning with Iluppai arappu or Kadalai flour.

6. HAIR OIL OR ALOPECIA CURE No. 1

(For Combind and Applying Locally in the Scalp Grey Hair & Baldness Cure)

1.	Surat Nilavarai leaves (green)	— ½ viss.
2.	Maruthondri leaves (green)	— ½ viss.
3.	Vendayam	— 2½ palams or 7½ tolas.

These three ingredients are coarsely pounded in a stone mortar and (4) water – lbs 40 to 50 is added. This is boiled, reduced to ¼th part, decanted and this decociton is put in a thailam boiling vessel or Malabar uruly.

(5) Coconut oil lbs 6 or 1½ Madras measures is added to the decoction, boiled again into Melugu pakam, strained and preserved in suitable bottle.

Uses: In cases of Alopecia and Grey hair, this oil is made use of for combing purpose daily. In cases of podugu, dandruff and baldness this oil may be applied to the parts with a brush locally. Bengal-gram flour may be used for bath.

7. HAIR OIL OR ALOPECIA CURE OIL No. 2
(For Combing only)

1. Maruthondri leaves rubbed into a paste about the size of a coconut, together with (2) Vendayam one palam or 3 tolas (Both should be rubbed together, Ofcourse Vendayam need be soaked in water for 15 minutes before rubbing into a paste). 3) Coconut oil — lbs 3.

Numbers 1 and 2 which are made into a fine paste are converted into 3 or 4 Adais (அடை) and burnt in the coconut oil just like Vadais (வடை) preparation until the Adais become fried red and moisture free. The oil is then filtered and bottled up.

Uses: This oil is meant for daily combing only, in cases of Alopecia in ladies and men. It is worth trying in baldness by constant external application.

8. HAIR OIL No. 3 (or Nellivartal Thailam – for bath)

1. Nellivartal
2. Kichili kilangu
3. Pachilai
4. Vettiver
5. Korai kilangu

} Of each 6 palams or 18 tolas.

To be powdered, put in a basin, poured distilled water just enough to immerse the ingredients, kept for

10. KAIYAN THAILAM OR HAIR OIL No. 4

(For Combing or Grey Hair & Alopecia Preventive & Curative Remedy)

1. Fresh Karisalangkanni leaves alone sufficient quantity are secured, ground in a grinding stone (அம்மி) without using water into a fine paste and squeezed through clean white cloth. The clear juice secured in this manner is placed in a thailam boiling vessel measuring about lbs 4 juice or quantity sufficient. 2) Gingelly oil lbs 4 – or equal to that of the juice is taken. 3) Cow's milk equal to the quantity of the juice (4 lbs) is also taken.

On the first day the juice and oil are mixed together. Next day cow's milk is added.

Next (4) KADUKKOI THOLE CHURNAM at the rate of 2 palams (or 6 tolas) for lb one of the juice) ie. 8 palams or 24 tolas is taken seperately, rubbed into a fine kalkam and added to the above fluid compound. Again (5) Chandanam fine churnam in the same rate as that of kadukkoithole (ie. 8 palams or 24 tolas) rubbed into a fine paste is also added to the above compound.

Then the vessel is placed over the fire, boiled and reduced to 1/3rd part of the liquids or until melugu pakam of the kalkam is attained. At this stage there will be a pleasant smell arising out of the oil. The vessel is now removed from the fire and allowed to cool. Next day the Supernatent thailam alone is strained or decanted and kept separate or preserved in a suitable bottle. To this thailam, any of the flavouring essence, if desired may be added a little.

Note: If chandanam is already added to the oil, there is no need to add flavouring essence since chandanam itself gives a pleasant smell.

Uses: This thailam is used for combing the hair daily by ladies and others. Juvenile grey hair and alopecia are prevented and cured. It ensures beautiful growth of hair and at the same time the hair is made shiny and soft.

11. KAIYAN NELLIKOI THAILAM No. 1 (For bath only)

1. Fresh Nellikoi juice — 1 part or 10 Madras measures
2. Karisalai juice — 1 part or 10 ,,
3. Gingelly oil — 1 part or 10 ,,
4. Cow's milk — 1 parts or 40 ,,
5. Athimathuram churnam – 16 palams or 48 tolas (at the rate of one palam or 3 tolas for every 40 ounces of gingilly oil is added here).

This is rubbed with cow's milk into kalkam, mixed with the oil, juice and milk in a thailam boiling vessel, boiled into thailapakam strained, cooled and preserved in bottles.

Uses: Good for the eyes in general. Good for the brain also. Burning of the feet, body and eyes is relieved. Headache, falling of hair and sleeplessness are cured.

Application of the oil of the soles of the feet daily gives relief to the eye affections. When applied to the head and soles of the feet it improves memory. When regular thailam bath is taken, good sleep is ensured On the whole this is a very useful thailam to keep the head and eyes always cool by its daily application to the head.

12. KAIYAN NELLIKOI THAILAM No. 2 (Manuscript)

1. Karisalai juice — 2 Madras Measures
2. Nellikoi juice — 2 ,, ,,
3. Ellu Nai — 2 ,, ,,
4. Cow's milk — 6 ,, ,,
5. Anjanakkal — 5 tolas
6. Koshtam — 5 tolas
7. Athimathuram — 3 tolas

The Kalkam ingredients are rubbed with milk and added to the oil & juice. Boiled into karapakam, decanted and bottled up.

Uses: Used for **bath**. Good for eye diseases and brain diseases, burning of the feet, body and eyes is relieved. Headache, Sleeplessness, loss of memory, Alopecia and dandruff etc. are cured. Application of the oil to the soles of the feet daily gives relief of eyes burning. When applied to the head and feet it improves memory power. When regular thailam bath is taken good sleep is ensured. On the whole this is a very useful thailam to keep the head and eyes always cool by daily application to the head and feet.

13. KARAPPAN THAILAM No. 1

(For External Application Only)

1. Rasakarpuram
2. Elarisi
3. Mylthuththam
4. Pal-thuththam
5. Karpuram
6. Rasam
7. Karpokiarisi
8. Mirudarsingi
9. Kasthuri manjal
10. Neeradi muthu paruppu
11. Kattu Jeerakam
12. Ghendakam

Of each equal parts or two drams each.

13. Thengoipal (Coconut kernal milk – 8 Madras measures.

All the first twelve ingredients are powdered and mixed together as per rules (except Karpuram), then added to the coconut kernal milk in a vessel, boiled on gentle fire until the thailam is got free from moisture. In the vadikadam, karpuram should be placed readily before the thailam is being filtered in it.

Uses: When this thailam is applied externally over karappan, scabies eczema, chorichirangu and eruptions etc. they are cured. After external application wait for 2 hours and then take bath in topid water with Bengal-gram or green-gram flour.

N. B: (1) This thailam may also be given with Milk or Orange juice internally, in 3 to 5 drops dose only in the morning for 3 to 5 days in acute type of the above ailments, Healing becomes quicker. This is our experience.

(2) In some places instead of using Coconut-kernal extract (Thengoipaul) they use pure Coconut oil in the proportion of ½ p.w. of each ingredient and 8 ounces of Coconut oil.

14. KARAPPAN CHIRANGU ENNAI

(For external application only)

1. Lavangappattai
2. Milaku
3. Vellaippoondu
4. Mamarappattai
5. Mavilangaverpattai
6. Poduthalaiver
7. Sengkatharippattai
8. Thaivelaiverppattai

Of each 2 p.w. All these ingredients are cut into small bits, added to Neem oil one Madras measure.

Boiled over gentle fire until the ingredients are reddened and there is no moisture in the oil and then decanted.

Uses: When applied externally over Karappan and scabies they are cured. Very useful and practical remedy.

15. KATHUNOI THAILAM No. 1 or Ear drops

1. Tincture opium
2. Glycerine

Of each equal parts and well mixed.

Uses: Dropped into the ear for otitis media.

16. KATHUNOI THAILAM No. 2 (For ear application only)

1.	Vilvam leaves juice	— lbs- 2
2.	Gingelly oil	— lb - 1
3.	Coconut oil	— lb - 1

Kalkam Ingredients:

1. Vellaippoondu (garlic kernal)— 2½ tolas
2. Curry Manjal churnam — 2½ tolas
3. Vashambu churnam — 2½ tolas

These three kalkam ingredients are rubbed into a fine paste, added to the juice and oils, boiled to Thailapakam, filtered cooled and bottled up.

Uses: This oil when dropped into the ear is useful in ottorrhoea, earache and other diseases of the ear. In ottorrhoea, or pus in the ear it should be cleaned with Hydrogen peroxide first carefully and then this **karnathailam** or the other **pachai ennai** warmed a bit should be droped.

17. KATHUNOI THAILAM No. 3 (or Siddha Ear Drops)

1. Palingu Sambirani fine powder — 2 oz.
2. Gingelly oil — ½ litre

Well boiled, filtered and bottled up. To be used as Ear drop for Earache.

Uses: The pain in the Ear is completely relieved in 3 applications or in 3 days.

18 KULITHAMARAI THAILAM

1. Kulithamarai green leaves about a bag load is brought, pounded and juice extracted - 3 or 4 Madras measures.
2. Gingelly oil - 2 Madras measures. These two ingredients are mixed in a thailam pot, boiled into thailapakam.
3. Kichili kilangu — powdered ½ palam or 1½ tolas.
4. Pachchilai powdered — ½ palam or 1½ tolas.

These latter two ingredients are finely powdered and kept ready. These two powders are added in the thailam-pot while thailam is about to be filtered. Waited for a few minutes stirring the thailam well and then the thailam is decanted. (Vide Pulippani 500-page 141).

Uses: This thailam is meant for bath alone once or twice a week. Excessive heat of the body, burning of the eyes and extremities, moola choodu, soolai noi and burning micturition etc. are relieved. Body becomes golden coloured (மேனி தங்க நிறமாகும்) and semen is well solidified (விந்து இறுகிக்கட்டும்).

19, KURATHAI PAZHAM THAILAM FOR BATH (or " Kapalasoolai " & "Maxillary Sinusitis Cure").

(a)
1. Kasthuri Manjal
2. Milaku
3. Thippili
4. Jeerakam
5. Poolangkilangu
6. Samudrapachai
7. Perunchombu or Peruncheerakam
8. Shenbaka mokku

Of each $2\frac{1}{4}$ tolas.

These eight ingredients are powdered coarsely, rubbed into kalkam using cow's milk and added to (b) **Gingelly oil** one Madras measure in a thailam boiling vessel.

(c)
1. Jathi kottam
2. Paul kottam
3. Valampurikkoi
4. Thandrikkoi thole
5. Kadukkoi thole
6. Jadamanjil

Of each $2\frac{1}{4}$ tolas.

These six ingredients are taken, powdered coarsely, put in a pot, water one Madras measure is added, boiled, reduced to $\frac{1}{4}$th part, filtered and added to the above oil.

Thereafter the following herbal juice are also added:

1. Kuppaimeni leaves juice — $\frac{1}{2}$ Madras measure.
2. Kaththotti leaves juice — $\frac{1}{2}$ Madras measure.
3. Inji juice (5 palams Inji) is enough for juice.
4. Kurattai pazham juice — $\frac{1}{2}$ Madras measure.
5. Cow's milk - $\frac{1}{4}$ Madras measure (this is used for rubbing kalkam ingredients under group (a).

All these items are added together in the thailam boiling vessel, boiled into thailapakam and strained in the vadikadam in which shambirani $\frac{1}{2}$ Madras palam or 3 tolas made into a fine powder is already placed. This is stirred nicely, allowed to cool and then bottled up.

Uses: This thailam is used for bath once or twice a week in cases of Mixillary Sinusitis or Neerpeenasam, Severe Headach or Kapala soolai and other Nasal and head diseases. This is a traditional process having sufficent experience in the treatment of Sinusitis.

20. LEUCODERMA CURE OIL No. 2 (External application) or Venkuttam Nivarani Puramarunthu No. 2 or Kandangkathiri Pazham Ennai or Saithoon Ennai

1. Kandangkathiri fruits lbs 4 are secured, boiled in water (குழைய வேகவைத்துக்கடையவும்) or pounded in a stone ural and the juice about lbs 4 is extracted or squeezed through cloth.

2. **Olive oil** - $\frac{1}{4}$ part of the juice or lbs 2 is added, boiled until it becomes karapakam and then strained. On being cooled the thailam is bottled up.

Uses: Same as that of Leucoderma Cure No. 1 in all respects. Used only extrernally over white patches of skin. This oil doesnot cause inflammation as in the case of Elandaiver kulithailam. When used for 2 or 3 months the white skin becomes normal.

21. LEUCODERMA CURE PASTE OR Ulli Navaksharam External Paste

1. Nattu Navaksharam fine powder	Each equal parts.
2. Vellaipoondu paruppu or kernal	

These are rubbed into a fine paste in a kalvam and preserved in a bottle.

Uses: When applied externally over patches of white skin daily, it produces redness in a few days and then slight inflammation with slight burning and pain. Thereafter this paste application is stopped. Red oil or Dhurva oil or simple Coconut oil is applied. The inflammation heals in a day or two leaving a black spot and the skin becomes of natural colour surprisingly. It may be repeated if necessary ofter some time.

22. LEUCODERMA EXTERNAL OIL No. 3 Or Bandicoot oil No. 3

Secure a Big-rat (Bandicoot பெருச்சாளி) dissect and secure its flesh (Mulcle only) 1 or 2 pieces. This is put in about a saer or 8 ounces of **Gingelly oil** and boiled until the flesh is nicely burnt. It is then filtered and bottled up.

N.B: Gingelly oil 1 lb for the muscles of one Bandicoot may be adopted.

Uses: This oil is applied externally over the patches of white skin. (Leucoderma) for 2 or 3 weeks. It becomes quite alright.

23. MATHTHAN THAILAM OR PACHAI ENNAI No. 1

1. Oomaththan leaves juice or Datura leaves juice	— lbs 5 or ($1\frac{1}{4}$ Madras measures)
2. Thengoi Nai (Coconut oil)	— lbs 2 or ($\frac{1}{2}$ Madras measure)
3. Copper sulphate (Mylthuththam)	— 3 ounces.

No. 3 is finely powdered, rubbed in a kalvam with the juice No. 1 into a paste, added to the oil No. 2 and the juices, boiled to thailapakam, strained, cooled and bottled up.

Uses: For External application only in Chronic and Resistant ulcers, (ஆறாத விரணம்) Hyper-granulation or over growth of flesh, Sloughs, Profuse discharge from Ulcers, pus in the ear and Thavalai chori. These ailments are all well responded to by this oil application. In sloughing carbuncle and cellulitis the oil is very useful for dressing purpose.

24. MEGANATHA THAILAM FOR EXTERNAL APPLICATION ONLY

1.	Ghendakam	Of each 2 p. w.
2.	Usikantham	
3.	Vempadampattai	
4.	Haridaram	
5.	Mirudarsingi	
6.	Patharasam	
7.	Vellai Kungilyam	
8.	Adutheendapalai juice	— ½ Madras measure.
9.	Gingelly oil	— ½ Madras measure.

Nos. 1 to 7 ingredients are to be powdered as per rules, mixed together, rubbed nicely with the juice, placed in a thaila chatty, oil and the remaining juice are added, boiled and strained at the Karapakam.

Uses: All skin lesions on the scalp. Eczema, Ringworms, Fungus, Scabies, Allergic dermatitis and Megaooral etc. are cured. The oil may be applied at night, bath taken in the morning or it may be applied in the morning and bath taken in the evening. Bath to be taken in hot water and Seeyakoi or Arappu or Kadalaiflour may be used during bath.

25. MILAKOI THAILAM No. 1 (Special) or Kathadaippu Thailam (for bath only)

Milakoi vartal – 100 palams or 2½ viss (without bottom cap) is taken, water 16 Madras measures is added, kept soaked for a day, next day boiled, reduced to 1/8th part, allowed to cool, chillies crushed well and then strained or filtered. The decoction is measured which is 2 Madras measures or 8 lbs.

2. Milaku 1 Madras palam or 6 tolas, rubbed into a paste by using the decoction, is added to it.

3. Gingelly oil 1 Madras measure or lbs 4 is also added.

These are boiled in a thailam boiling vessel into melugupakam. At this stage, add **fresh Chiththakaththi flowers** 6 tolas and the oil is then filtered when it is free from moisture and when the flowers beome fried (நொருங்குந்தன்மை). The thailam is preserved in suitable bottles.

Uses: This is used for bath once or twice a week. Kathadaippu, Neerarukal, Thimirvatham, Sobai, Mandakudaichal, Vadhakudaichal, Soolai, Pudaisoolai, Mega-Vayu, Chori chirangu and Kathunoi are cured. This thailam bath is particularly good for **Kapalasoolai & Deafness**.

26. MILAKOI THAILAM No. 2
(or Ottrai Thalaivali Snana Thailam)

1. Milakoivartal (including Pedicle, Kambu and Seeds) - 1 Kilogram. Water 6 to 8 Madras measures is added, kept for a day, then boiled and reduced to 1/8th part. This is filtered.

2. Gingelly Oil 1 Kg. is added (or 2¼ lbs).

3. Pepper 3 Madras palams or 18 tolas is rubbed into a paste with Cows' milk and added to the above decoction and Gingelly oil. Then it is boiled in small fire into Melugu pakam, removed from the fire, strained and bottled up.

Uses: By taking head-thailam bath on alternate days before sunrise, Hemicrania is cured. Rice & Pepper-rasam may be taken, Goat's mutton is allowed.

27. MAHA CHANDANATHI THAILAM

1. Best Chandana Powder – 2 viss. Water added 16 Madras measures boiled, reduced to 1/8th part or 2 measures decoction crushed well, filtered and poured in a uruly–ie. 2 Madras measures decoction.
2. Next Cow's milk — 2 Madras measured.
3. Gingelly oil — 2 Madras measures are added.

Kalkam Ingredients:

II 1. Chandanam powdered
2. Devadaru
3. Jadamanjil
4. Koshtam
5. Nellivartal
6. Manjal
7. Athimathuram
8. Drakshai
9. Maramanjal
10. Kasthuri Manjal
11. Perum Nagappu
12. Vayu Vidangam
13. Elam
14. Seemai Kichili kilangu
15. Vilamichuver churnam
16. Vettiver
17. Chenkazhuneer kilangu
18. Dhania
19. Korai kilangu
20. Iluppaipoo
21. Mahilampoo
22. Semparathipoo
23. Lavangappathiri
24. Lavangappattai
25. Chirunagaipoo

Of each one palam or 3 tolas.

Kalkam ingredients to be rubbed with cow's milk into kalkam and added to the vessel containing the first three ingredients.

III 1. Kungumapoo — 1 p. w.
2. Pachai Karpuram — 1 p. w.

To be boiled into thailapakam, filtered and No. 3 group to be powdered separately and added to vadikadam and stirred well while the thailam is very hot.

28. MYNATHAILAM OR MELUGU THAILAM (Texual)

1.	Manjal melugu cut into very fine chips	— 1 viss or 1 part
2.	Chakkikal powdered	— 1 viss or 1 part
3.	Kariuppu or Common-salt powdered	— 1 viss or 1 part
4.	Manal (sand from river bed	— $\frac{1}{2}$ viss or $\frac{1}{2}$ part
5.	Omum, powdered coarsely	— 6 ounces or 1/8th part
6.	Kappu manjal, powdered coarsely	— 6 ounces or 1/8th part
7.	Jadamanjal, powdered coarsely	— 3 ounces or 1/16 part

All these seven ingredients are mixed, put in a suitable specially designed retart earthernware apparatus (மெழுகுத் தைலமிறக்குங் கருவி - Vide page-56 சிகிச்சாரத்ன தீபம்). The margins of the big and small pots are tied together by means of a twine or a wire, applied clay cloth seven layers to the junction of the two pots, dried and burnt carefully over round oven for about 12 hours. The thailam is received in the usual way in a bottle by linking the opening of the small pot and the receiver with an (ஈர்க்குக்குச்சி) or a fine glass rod. The big hole in the big pot wherein the drugs are kept is directed upwards, while the small hole in the small pot is directed downwards.

Through this kuchi or the glass rod the thailam will be flowing or trickling by Vapourization into the receiver. The oil thus collected about 20 to 22 ounces is preserved in a suitable bottle. All the while when the pot is on the fire, wet cloth is placed over the small pot and the opening over the upper surface of the big pot is covered with a piece of odu or aspestos and cowdung also is placed over this piece of odu about the size of a coconut.

Uses: Applied externally it gives immediate relief of pain. It is useful in cases of Paraplegia, Hemiplegia Paralysis of all kinds, Convulsions, Contusions, Swelling, Cut wounds, painful orchitis or painful scrotum, Rheumatism, Arthiritis, Rheumatoid Arthtitis, Impotency in women and men and pain in the joints bones, muscles and nerves etc. These ailments are relieved promptly by external application. In some cases it perspires or vapourizes at the spot where this oil is applied a few minuts after the application. It is a good indication for the relief of pain at the spot By bandaging with this oil to the limbs, it relieves muscular exaustion.

29. NATHAKARU THAILAM

(For Preparing Vana melugu and Maha Vanamelugu)

1. Purified Ghendakam — 15 tolas
2. Vediuppu — 6 ,,
3. Navaksharam — $2\frac{1}{2}$ p. w.
4. Thalakam purified — $3\frac{3}{4}$,,
5. Veeram purified — $3\frac{3}{4}$,,
6. Rasakarpuram purified — $1\frac{1}{4}$,,
7. Cow's ghee, (freshly prepared out of cow's butter) 8 palams or 24 tolas or cow's butter itself may be used after removing much of its moisture by pasting it against a mud wall over a piece of paper.

Method of Preparation:

Nos. 1 to 6 ingredients are powdered mixed together, rubbed with the ghee or the butter for one day, placed in a suitable kuduvai to which 6 small holes are perforated at its bottom surface, through which wires are passed and kept hanging below towards the receiver placed in a pit.

The kuduvai is covered with a suitable lid or odu, clay cloth seven layers are provided to the margin, dried and subjected to kulithailam as per rules.

Uses: This is meant for preparing **Vanamelugu** and **Maha Vanamelugu** of which there is varied interpretation and this is one of its kinds to represent "Nathakaru thailam". This is only Texual.

30. NEEM BARK THAILAM OR RED-OIL No. 3

(For external use)

1.	Neem bark well pounded	— $1\frac{1}{2}$ viss or $4\frac{1}{2}$ pounds.
2.	Nannariver pattai	— 2 lbs.
3.	Sivappu Manjishtiver pattai	— 2 lbs.

4. Water added–30 Madras measures.

Boiled and reduced 1/8th part, strained and decanted.

For Kalkam:

1.	Nannariverpattai churnam	— 15 tolas.
2.	Red-Manjishtiver churnam	— 15 ,,
3.	Elarisi churnam	— 15 ,,

Rubbed into a kalkam, added to the Kashayam, Coconut oil 8 Litres added, boiled and strained in Melugupakam.

Uses: For external application for all kinds of vranams, Scabies, Psoriasis, Padai and all other worst skin diseases.

31. PACHAI ENNAI No. 2 OR DHASAR MENI PACHAI ENNAI (For external use in all Skin diseases & Varnams Special)

N.B: Kuppaimeni leaves (female type of meni leaves should be secured) இலை முனை சற்று வட்டமாயும் பூ இலைக்காம்புகள் ஓரம் கொத்துக் கொத்தாகவுமிருக்கும்.

When as male type of meni leaves: இலைக்கூரிய முனையுள்ளதாயும், பூ கொடி போல் சிறு சரங்களாகவும் தொங்கும்.

1. This female kuppaimeni leaves juice – one Madras measure.
2. Coconut oil–one Madras measure or lb. 4.
3. Karimanjal podi – 2 palams Madras wt. or 12 tolas.

Method of Preparation:

The juice and oil are boiled in a vessel, when it is of Melugupakam without moisture in the thailam then manjal podi is added, stirred well for a few minutes and when one or two boiling (கொதி) takes place, the vessel is removed from the fire. Then it is decanted, cooled and bottled up.

Uses: When applied Externally, all Vranams, Fistula, Sinuses, Scabies, Chorichirangu, Padai, Eczema, Ringworm, Allergic Dermatitis or Namaichal etc. are cured.

N. B: The kalkam may be applied to sloughing ulcers and dressed.

32. PODUGU ENNAI (Special)

1. Maruthondri Leaves — $\frac{1}{4}$ viss.
2. Vendayam — 1 palam or 30 grams.

Rubbed well, made into Adai and roasted in coconut oil 3 Litres. The oil is decanted, added to it Vembadampattai, Surulpattai and Sengkatharipattai of each 3 pies weight churnam, exposed to the sun for 3 days and then applied externally to the Podugu, Karappan in the scalp and seborrhic dermatitis of the scalp and legs.

Bengal-gram powder should be used for cleaning or washing the parts.

33. PONNANGKANNI THAILAM (for bath)

1. Ponnangkanni juice — 2 Madras measures
2. Karisalai juice — 2 ,, ,,
3. Nellikoi juice — 2 ,, ,,
4. Gingelly oil — 2 ,, ,,
5. Cow's milk — 2 ,, ,,
6. Athimathuram for Kalkam — 12 tolas.

All are mixed, boiled into Melugupakam, strained and bottled up.

Uses: Used for bath once or twice a week. Eye diseases 96, All Kasam and Padalam of eye are cured. All Pitha diseases, Kanthishti (கண்திட்டி), defective Vision and Ushnam etc. are cured.

34. PSORIASIS EXTERNAL THAILAM No. 1
(or Semparuthipoo Ennai)

1. Semparuthi flowers fresh Q.S. or about lb ½ to 1.
2. Coconut oil lbs - 2 to 3.

The flowers are kept soaked in the oil for 10 to 20 days and then filtered. The following powders are then added, kept exposed to the sun for 3 days and then preserved in a bottle.

3. Suraipattai churnam — ½ palam or 1½ tolas
4. Vembadampattai churnam — ½ palam or 1½ tolas

Uses: This is meant only for **External application** in cases of Psoriasis, Allergic dermatitis, Resistant scabies, eczema, Ring-worm, fungus infections of the ear lobes as a consequence of wearing ear-kammal or in the nose (nose ornament) over the affected area only. While taking bath 3 to 6 hours after applying the thailam, it is better to use the flour of **Bengal-gram** or **Black-gram** or **Green-gram.** No soap should be used until the skin lesion becomes completely alright and even longer than that.

35. S. K. THAILAM (for external use only)

1. Shankaver Thailam — 2 oz.
2. Karappan Thailam — 2 oz.

Mixed well and bottled up.

Uses: For external application for Scabies and other skin diseases.

36. SHANGAMVER THAILAM (Special)

1. Shangamver pattai	—	1 viss.
2. Maruthondriver pattai	—	1 viss.

3. Water 16 to 20 Madras measures.

To be boiled, reduced to 1/8th part, allowed to cool itself crushed with the hand well, the decoction decanted and put in the thailam boiling vessel.

Ellu ennai - 2 to 2½ Madras measures is added.

Kalkam Ingredients:

1. Vellai milaku	—	1	palam	or	6	tolas
2. Kasthuri manjal	—	½	,,	,,	3	,,
3. Karunjeerakam	—	½	,,	,,	3	,,
4. Elakoiarisi	—	¾	,,	,,	4½	,,
5. Akarakaram	—	½	,,	,,	3	,,
6. Poolang kilangu	—	1	,,	,,	3	,,
7. Jathikoshtam	—	½	,,	,,	3	,,
8. Vangalampachai	—	½	,,	,,	3	,,
9. Jadamanjil	—	½	,,	,,	3	,,

These nine kalkam ingredients are rubbed nicely into kalkam, mixed with the decoction and oil, boiled into melugupakam, decanted and preserved in a jar.

Uses: This thailam is meant for bath in place of ordinary oil bath. All worst skin diseases including Psoriasis, Seborrhic dermatitis, Karappan, Padai and Kapalasoolai, etc. are cured. This is a well tried out medicine for all skin diseases by way of head bath. Any kind of skin lesions over the scalp is well responded to by daily local application.

37. SIDDHA NELLIKOI THAILAM (Special for bath only)

1. Nellikoi juice (fresh)	—	lbs.	8
2. Ponnangkanni juice	—	,,	8

3.	Chevvilaneer (red tender coconut)	—	lbs.	32
4.	Shotrukaththalai (kumari juice)	—	,,	8
5.	Chirukeerai juice	—	,,	8
6.	Cow's milk	—	,,	8
7.	Gingelly oil	—	,,	12

Kalkam Ingredients:

1.	Athimathuram	Churnam	Of each three kalanju or 3-$\frac{3}{4}$ p. w.
2.	Koshtam	,,	
3.	Elakkoi arisi	,,	
4.	Kurosani omum	,,	
5.	Pachilai	,,	
6.	Poolang kilangu	,,	
7.	Kasthuri manjal	,,	
8.	Jadamanjil	,,	
9.	Jeerakam	,,	
10.	Jathipathiri	,,	
11.	Jathikoi	,,	
12.	Lavangappattai	,,	
13.	Lavangappathiri	,,	
14.	Chukku	,,	
15.	Milaku	,,	
16.	Thippili	,,	
17.	Kadukoithole	,,	
18.	Thandrikoithole	,,	
19.	Nellivartal	,,	
20.	Poosanthirappattai	,,	
21.	Shombu	,,	
22.	Valmilaku	,,	

These latter 22 ingredients are rubbed into kalkam using cow's milk for rubbing in a grinding stone. This kalkam paste is added to the gingelly oil and juice in a thailam boiling vessel, boiled into Thailapakam and then strained. On being cooled the thailam is bottled up.

Uses: This thailam is to be used for bath only once or twice a week. Cataract, Night Blindness and other Eye diseases, Piththa vettai Piththa vayu, Aththivettai, burning of the body, eyes and extremitties and all other Ushnarogas are relieved by bath alone.

38. SENTHAZHAMPOO ENNAI OR HAIR OIL No. 4

1. Senthazhampoo, cut into bits — ½ kg.
2. Vendayam — ¼ kg.
3. Coconut Oil — 4 Litres.

Kept exposed to the sun for 10 days and then used for combing.

Uses: Podugu, Seborrhic dermatitis, Alopecia, Dandruff etc. are relieved. ஈர், பேன் Etc. are destroyed.

39. SIVAPPU ENNAI OR RED OIL No. 1 OR Psoriasis External Thailam or Universal Skin Lesions Cure

1. Pungamver (green) milky juice — 10 lbs or 1 part juice
2. Coconut oil — 2½ lbs or ¼ part
3. Red Manjittyver — 2½ ounces or 1/16 part of No. 2.
4. Nannariver pattai — 2½ ounces or 1/16 part of No. 2.
5. Manjal melugu — 2½ ounces or 1/16 part of No. 2.
6. White Kungilyam — 2½ ounces or 1/16 part of No. 2.
7. Surul pattai churnam — 1¼ drams or 1/16 part of No. 6.
8. Vambadampattai churnam — 1¼ drams or 1/16 part or No. 6.

Mode of Preparation:

Nos. 3 and 4 may be powdered into fine and coarse powders, fine powders of these two ingredients are rubbed into a fine kalkam while the coarse kappi of these two ingredients are prepared into a decoction by adding 16 times its weight of water and reducing it to ¼th part by boiling. This decoction is filtered, added to the oil, pungkampaul and the kalkam dissolved in it in a thailam boiling vessel. This is then boiled into a thailapakam, decanted in another Vadikadam to which **Manjal melugu** cut into very fine slices (chips) white Kungulyam powder, Surulpattai and Vempadampattai in fine powders are already placed, so that these ingredients may be completely dissolved in the boiled and very hot filtering thailam. On being cooled the thailam is bottled up.

Uses: Applied with a cotton swab or brush externally as an Universal remedy for all skin diseases, Psoriasis, Allergic dermatitis, Scabies, Eczema, Ringworm, Irritable ulcers, Padai, Bedsores and fungus infections are cured by this oil external application. Other instructions are mentioned under Psoriasis External Thailam No. 1 Vide item 24.

40. SIVAPPU ENNAI No. 2 OR PINDA THAILAM

1. Nannariver coarse powder — 1 part or 7 palams
2. Red Manjittiver coarse powder — 1 part or 7 palams
3. White Kungilyam finely powdered — $\frac{1}{2}$ to 1 part or 4 palams
4. Yellow beeswax — $\frac{1}{2}$ to 1 part or 4 palams
5. Gingelly oil or Castor oil or Neem oil - 10 part or 70 palams or $1\frac{1}{4}$ to $1\frac{3}{4}$ Madras measures or 5 to 7 lbs.
6. Kazhu Neer or Rice wash water 10 parts or $1\frac{1}{4}$ to $1\frac{3}{4}$ Madras measures.

First prepare a decoction of Nos. 1 & 2 coarse powders by adding 16 items its weight of water or about 16 Madras measures of water and reducing it to $\frac{1}{4}$th part and then decanted. For kalkam fine powders of Nannariverpattai and Red Manjittiver each 10 tolas are taken separate, rubbed into a fine kalkam and kept ready. Then the above decoction, the kalkam, kazhuneer and the oil are mixed together in a thailam boiling vessel, boiled into Thailapakam and filtered. This thailam is again kept on slow fire in a big and shallow vessel and heated. The kungilyam in fine powder is put in the oil and when this is duly melted, the yellow beeswax scraped into thin slices is also added to the oil. When these two ingredients are completely dissolved in the oil or well mixed with the oil, it is again filtered through a thin piece of cloth while it is still hot. This method of preparation of this thailam after being cooled becomes a bit thick in consistency. That doesn't matter as it is very effective on local application.

Uses: By external application over Vatharaktham or joint affections or orchitis it gives relief. Contusions, Bruises, Sprain, and Vayu are cured by external application. It is a soothing dressing for abscesses and ulcers. Good in Tubercular leprosy. It restores the less of sense of the skin. It also restores sensation and colour to the skin. In chronic ulcers this thailam may be used for dressing. For the cracks in the scles of the feet (ie. fissure feet) this oil acts better. This is Ayurvedic preparation.

41. THAIVELAI DHUVALAI ENNAI (for external use only)

1. Thaivelaiverppattai — ½ viss.
2. Vellaipoondu (Kernel alone) — ¼ viss.
3. Vembu ennai — 6 lbs.
4. Omum 3 teaspoonfuls.

Boiled into thailapakam, filtered and bottled up.

Uses: When applied all over the body in cases of **High** fever with body pain and jannipatham much relief is ensured in all respects.

42. THUVAR ENNAI (for external use only)

1. Mirudarsingi
2. Rasakarpuram
3. Thurusu
4. Kathakambu

} Of each in equal parts about 2 oz.

These are powdered in a kalvam, rubbed with coconut oil 40 palams by adding little by little and preserved in a bottle.

Uses: Applied externally for Vranam, Chorichirangu, Seborrhic Dermatitis, Scabies and Karappan etc. which are cured very well.

43. THUVARAIVER KULITHAILAM OR Leucoderma External Thailam

Thuvaraiver about 4 viss – cut into small bits, dried and subjected to Kulithailam as per rules.

Uses: Applied only Externally over patches of Leucoderma for 2 weeks or more. It gets alright as that of Leucoderma Thailam Nos. 1 to 3.

44. VEPPAMPATTAI THAILAM (for bath & external use)

Veppampattai 1½ viss – pounded, added water 32 Madras measures, boiled, reduced to 1/8th part, filtered, gingelly oil 2 Madras measures added, Elarisi for kalkam 2 palams or 12 tolas rubbed with the decoction, added to the oil and decoction, boiled into mezhugu pakam and decanted.

Used for **bath** once or twice a week. Vadham, Soolai, Skin diseases, Ring-worm, Karappan, Vadhakudachal, Dermatitis, Vranam and Sinuses etc. are relieved.

45. VIRALIVER KULITHAILAM OR
Leucoderma external oil No. 5

Viraliver – ¾ md, cut into small bits, dried in the sun and subjected to Kulithailam as per rules.

Uses: Applied only Externally over patches of Leucoderma for 2 weeks or more. It gets alright in the same manner as that of Elandaiver Kulithailam.

46. VADHANOI EXTERNAL THAILAM

1.	Oomaththan leaves juice	— 12 Madras measures.
2.	Omum	— 20 palams or 60 tolas
3.	Jadamanjil	— 20 ,, ,, 60 ,,
4.	Nattu Shudan	— 10 ,, ,, 30 ,,
5.	Nattu Navaksharam	— 5 ,, ,, 15 ,,
6.	Coconut oil or Gingelly oil	— 2 Madras measures.

Prepare a concentrated decoction of Omum and Jadamanjil with water as per rules and this may be strained. This decoction may be added to the juice and oil in a thailam boiling vessel, next boiled into thailapakam, and strained while at the same time the **champhor** and **Navaksharam** powders are placed in the vadikadam. After this champhor is well dissolved in the hot thailam in the Vadikadam (receiver) and after the thailam is cooled it is bottled up.

Uses: This is meant only for external application over all painful parts of the body. All kinds of pain in the joints, muscles, nerves and burses etc. are miraculously relieved. Not for internal use. (poison).

47. VADHAKESARI THAILAM OR Myleragathi Ennai No. 2

1.	Vembu Ennai	— 2	Madras Mea.	or	8	lbs.
2.	Myleragu	— 8	palams	or	48	tolas.
3.	Lingham powdered	— ½	,,	,,	3	,,
4.	Mudarsingi	— ½	,,	,,	3	,,
5.	Perungkayam	— ½	,,	,,	3	,,
6.	Vellaipoondu	— 2	,,	,,	12	,,
7.	Abin	— ½	,,	,,	3	,,

Boiled as per rules.

Method of Preparation:

Myleragu cut into small bits, placed in a chatty and kept on fire. When it gets blackened and melted, add the Neem oil. When it is boiling, add the garlic (its outer skin having been peeled off and cut into small bits) little by little and when moisture and froths in the oil are subsided you better add one by one the rest of powders except Shudam and Abin which should be put in the receiver (Vadikadam) nicely powdered, and the oil decanted. When cooled it is bottled up.

Uses: This Thailam is applied only **externally** in cases of all kinds of pain in the body, Rheumatism other joint pains, sprains and nervous pains etc. Very useful thailam for the relief of pain by **external application.**

48. VADHAMUDAKKU THAILAM (External use)

1. Vembu Ennai — 1 Madras Measure
2. Ellu Nai — 1 „ „
3. Coconut oil -- 1 „ „

1. Elarisi
2. Lavangam
3. Pachilai
4. Churunagapoo
5. Kumizh
6. Kuvilam
7. Pathiripoo
8. Kottam
9. Chukku

} Of each two tolas to be rubbed into Kalkam and added to the above oils.

Boiled to Karapakam and then filtered.

Uses: For external use over painful parts.

49. VILVAPAZHA THAILAM

(as brain and eye tonic - for bath)

1. Vilvapazham fleshy portion — 4 palams.
2. Karpoki Arisi — 1 palam.
3. Vendayam — 1 „
4. Powdered Vellai Milaku — ¼ „

These four ingredients are rubbed into kalvam with cow's milk and mixed with Gingelly oil - ½ Viss. This is boiled over small fire and when it is of proper waxy consistency the thailam is decanted. On being cooled the oil is bottled up and subjected to Poomisamathi as per rules for about 20 days and then taken out for use.

Uses: When bath is taken Vilvapazha thailam once or twice a week, Moolaikothippu (Brain heat) is relieved, brain becomes very cool, Pithamayakam, Senselessness (புத்தி மாருட்டம்) and Kapala Choodu (excessive heat of the head) Loss of memory etc are also relieved. Eyes become cool, confused mind, brainfag, burning eyes, watering of the eyes and defective vission etc. are also well improved.

N. B: Thailam boiling vessel must be preferably earthernware oily pot. It must be a wide mouthed pot. The thailam bath must be taken early morning. On the days of this oil bath no reading of books or writing, no drawing, no walking long distance and no day sleep should be adopted. No very cold food stuff should be taken on that day only.

50. VILVAVER THAILAM (for bath)

Vilvaver 10 palams or 60 tolas to be cut into pieces, pounded well, water added 16 Madras measures, boiled, reduced to 1/8th part, decanted, gingelly oil one Madras measure added, best chandanam seeval, one Madras palam or 6 tolas well rubbed into a kalkam by using the above decoction, added to the oil and decoction, boiled into melugupakam and decanted.

Used for **bath** once or twice a week. Pitham, Vadham, Meganoi, Burning eyes, defective vision, cough, Rakthapitham, Internal dryness, Internal fever and Brain diseases are relieved.

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The Pharmacopoeia of Siddha Research Medicines

CHAPTER-7

INTERNAL OILS

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2 Ghendaka Shudar nai or Ghendaka shudar thailam No. 2

3 Ghendaka Shudar Thailam No. 3

4 Healthy Purgative Oil

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CHAPTER-7

INTERNAL OILS

1. GHENDAKA SHUDAR THAILAM No. 1
(Yacob Vaidyam 700-page-48)

1.	Purified Ghendakam	— 2	palams
2.	Purified Patharasam	— 2	"
3.	Purified Thalakam	— $\frac{1}{2}$	"
4.	Nattu Shudan	— $\frac{1}{2}$	"
5.	Purified Veeram	— $\frac{1}{2}$	"
6.	Purified Manoshilai	— $\frac{1}{2}$	"
7.	Vediuppu	— $1\frac{1}{2}$	"
8.	Cow's ghee	— 6 ounces or quantity sufficient.	

Nos. 1 and 2 must first be well rubbed until there is no shiny appearence.

All the other ingredients are also finely powdered, mixed together as per rules rubbed well until the compound powder Nos. 1 to 7 becomes utter black, then ghee is added little by little and rubbed into a fine paste. This paste is then smeared over a piece of mull cloth (மல் துணி). It is rolled into a pukka wick and shudar thailam is extracted as per rules (that is to say by holding the wick at one end with a long pair of forceps while the other end of the wick is lighted and allowed to burn into flames, at the same time placed a receiver below the burning end of the wick. Now the oil is dropping in the receiver from the burning side of the medicated wick). This process of extraction of shudar thailam may be repeated 2 or 3 times (திரும்பத் திரும்பத் தைலத்தை எரிகிற திரியில் வார்த்து சுடர் தைலம் வாங்கவும்). This shudar thailam is then preserved in a suitable bottle.

Dose: 5 to 15 drops B.D. may be given with sugar or other suitable anupanams.

Uses: Vayus, Abscesses, Carbuncles, Cellulitis, Leprosy Cancer and other worst skin diseases, Vranams, Gunmam, Diabetes mellitus, Polyurea, Soolai noi, Syphilis, Neerkattu, Joint diseases (முடக்கு வாதம்) and Maharogam etc. are cured.

2. GHENDAKA SHUDAR NAI OR GHENDAKA SHUDAR THAILAM No. 2 (Traditional)

1.	Purified Nellikoi Ghendakam	—	50	p.w.
2.	Vediuppu	—	10	,,
3.	Purified Veeram	—	2	,,
4.	Navaksharam	—	2	,,
5.	Purified Thalakam	—	3	,,
6.	Purified Patharasam	—	3	,,
7.	Purified Manoshilai	—	1½	,,
8.	Nattu Shudan	—	2	,,

All these ingredients are powdered in a kalvam, mixed together as per rules, rubbed well until the compound becomes utter black, then rubbed continuously with Erulli juice (ordinary onions juice) for 1 or 2 days, allowed to dry with the kalvam, then again powdered, rubbed with **cow's ghee** (about one **Madras measure** or lbs 4 little by little) into a paste like consistency and smeared over pieces of mull cloth (மல்துணி) This is rolled into suitable wicks, fixed at one end with a pointed rod or forceps and at the other end of the wick lighted with fire. Shudar nai is obtained in the same manner as explained under Ghendaka shudar thailam No. 1 while at the same time the remaining ghee left after makking the medicine compound into a fine paste, is poured little by little over the burning wick so that the wick may be burnt properly and the medicinal content of the wick may be uniformly and wholly combined together and flown into the receiver below. After the wicks are well burnt and the ghee is also exhausted, the same Ghendaka shudar thailam No. 1 extraction process may be done in this process also repeatedly two more times by pouring the first extracted shudar thailam over the burnt up wick in the place of ghee if feasible and a strong shudarnai is thus extracted and secured. Next the burnt up wick is immediately kept covered with a chattey (air-tight) and after the wick is thus cooled, it is rubbed in a kalvam and mixed with the shudarnai. Now it is considered a well finished **Ghendaka Shudar nai.**

Dose: $\frac{1}{4}$ viss of Nattu sharukarai for non-Diabetes and $\frac{1}{4}$ viss of anyone of Anti-Diabetic churnams eg. "Seenthil churnam" for Diabetic may be taken, to which 3 to 4 teaspoonful of the above Ghendaka Shudar nai may be added, mixed into a lehiyam consistency by being well rubbed together and preserved in a glass jar or procelein dish, About a small Nellikoi size or $\frac{1}{4}$ to $\frac{1}{2}$ tola may be given twice a day for $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or one mandalam of 40 to 45 days, of course after every 10 days administration of this medicine one week rest may be allowed.

Diet Restrictions: Cold rice, fish and sexual indulgence are prohibited.

Uses: All kinds of Meganeer including Diabetes mellitus, T. B., Lungs, Leprosy, Cancer, all worst skin diseases including psoriasis and Allergic Dermatitis are cured. Further it is considered a specific for **Habitual or Frequent Abortions in women** and in that case both women and husbands must take this medicine for a redical cure for about 40 days. The complexion of the whole body becomes Jambul fruit colour on taking this medicine for 40 days. After a test of 10 to 20 days the medicine may again be cotinued for another 40 days and the patients resume their original colour. When the women become pregnant after this treatment for both wife and husband, there is no abortion at all. The pregnancy is continued to full term and a quite healthy and fair complexioned baby is born. This is a promising and guaranted remedy well experienced by our Traditional Vaidyas.

Note: One week rest after every 10 days medicine administration is essential. In place of coffee it is advisable to take Kothamalli (Dhania) mild decoction. This may be prepared and taken once a day in the afternoon with sugar and cow's milk. Coffee is better avoided.

3. GHENDAKA SHUDAR THAILAM No. 3

(For all skin diseases, Diabetes mellitus, Leprosy and Cancer etc.)

1. Well purified Nellikoi Ghendakam — 15 tolas.
2. Navaksharam — 1 tola.
3. Purified Shavviram — 1 pie wt. or 20 grains.
4. Vediuppu — ¾ tola.
5. Purified Thalakam — 3 pies wt. or 60 grains.
6. Purified Manoshilai — 3 ,, ,, 60 ,,
7. Cow's Ghee — Q. S. (¼ litre) used.

Rubbed well in a kalvam, smeared in a piece of long cloth about 1 ft. square, made into a wick, burnt over castor oil lamp and extracted shudar thailam as per rules. This may be repeated once more to extract shudar thailam.

Dose: 5 or 6 drops to be given with sugar candy powder ½ palam morning and evening for 5, 10 or 15 days.

Uses: All kinds of skin diseases, Varnam, Cancer, Leprosy and Diabetes mellitus are cured.

4. HEALTHY PURGATIVE OIL

1. Coconut Oil — 1 Litre.
2. Purified Neervalam — 3 Tolas.
3. Ashka Sugar - 1/8 Madras measure or lb. ½.

Method of Preparation:

Neervalam should be ground into a nice paste, dissolved in the oil, boiled in mud chatty on light fire, when the oil becomes reddish colour and when a smell is observed, the chatty should be removed from the fire, Sugar is then added, stirred well and allowed to cool itself. It is then filtered and bottled up.

Dose: 5 to 10 drops for adults to be given with coffee or tea once a day in the morning only for 3 days continuously.

Uses: Habitual Constipations is substantially cured.

Diet: Pepper water or Butter-milk and rice may be given.

5. MUTHODAM ENNAI or Moola Nivarani or Moolam Prolapsed rectum, Navarachi & Thodam Nivarani

1. Adathodai leaves juice - 1 part or 1 Madras mea.
2. Gingelly Oil - 1 part or one Madras measure.

These are mixed in a thailam boiling vessel, boiled to melugu pakam and then decanted. Cooled and bottled up.

Dose: ½ to 1 teaspoonful may be given with cow's milk or other suitable anupanams. One or two doses for one day is enough for which three days restricted diet should be given for one day medicine three day's pathyam (பத்தியம்) is necessary.

Uses: Piles, prolapsed rectum, Janni, Saithiyam, Navarachi and Thodam are cured.

1. When this oil is smeared over the tongue daily, all Thodams in the tongue are cured.
2. Bleeding piles, external and internal piles, prolapse of the rectum and uterus etc. are said to be cured by one dose of medicine and 3 days restricted diet. This is worth trying.

6. MYLERAGATHI ENNAI
(or Hypertension & Its Allied Diseases Cure - Traditional)

1. Vembu Ennai (Neem oil) - 2 Madras measures.
2. Myleragu 16 palams or 20 ounces.

This No. 2 is cut into small bits, placed in a thailam boiling vessel on fire, stirred and when it is melted it becomes completley blackened. The above Vembu ennai is then poured in it and the following kalkam ingredients under group (a) are added to the oil in the manner mentioned below.

(A group) Kalkam Ingredients:

1. Jathikoshtam
2. Akarakaram
3. Vellaipoondu paruppu
4. Karunjeerakam
5. Janninayakam or Kattujeerakam
6. Milakoi vartal
7. Kasthuri manjal
8. Kalarchiparuppu.

These 8 ingredients in equal parts (of each 16 p.w. or 2 oz each) are taken, rubbed into a fine kalkam by using Inji juice about 5 palams and vertilai juice about 5 palams and mixed with the oil. At the same time KUPPAIMENI LEAVES about a coconut size rubbed into a kalkam is added to the oil. Now the oil is allowed to boil on slow fire and when thailam pakam (karapakam) is reached, the thailam is decanted in a Vadikadam wherein the following (b) group medicines in fine powder form are readily kept. The filtered thailam and the powders of (b) group are well stirred in the Vadikadam while the thailam is being filtered.

(B group) Medicines Are:

1. Purified Rasakarpuram or Rasakarpuram-kattu parpam finely powdered.
2. Purified Jathilingam or Jathilinga kattu chenduram finely powdered.
3. Purified Manoshilai or Manoshilai kattu chenduram.
4. Karpura silajathu baspam No. 1 or 5.
5. Purified Ghendakam No. 1 (finely powdered).
6. Nattu Shudan finely powdered.

These six ingredients are taken in equal parts (of each 16 p.w. or 2 oz each) powdered individually, put in the Vadikadam (receiver) while the above thailam is being decanted, stirred well, allowed to cool itself and then bottled up in wide mouthed glass jars. Every time it is used it should be stirred well or shaken well before use.

Dose: ½ to 1 or 1½ teaspoonful for adults and 10 to 30 drops for children according to their age and nature of constitution may be given with cow's milk or breast-milk or orange juice or Inji juice and honey or any other suitable decoctions twice a day for a course of 3½ to 5 days or even seven days in severe cases.

Uses: Polymyelitis, Convulsions, Hypertension, Cerebral Haemorrhage or Cerebral thrombosis, Hemiplegia, all kinds of paralysis, neurolysis, fevers, and janni etc. are cured miraculously, Chorea, Tetanus, fits of all kinds, Rheumatism and Rheumatoid Arthritis are also cured.

Diet: Salt fried with Murungai leaves, rice conjee and dhall may be taken during the course of medicine. No Tamarind and no salt should be used. Milk diet may be allowed when medicine is given for 3 to 5 days The above diet restrictions should be observed for 6 or 10 days, and on the 7th on 11th day bath may be taken by applying the same thailam a little on the head and chicken broth may be given immediately after bath.

N. B: For my part, I prescribe simple Tamarind free diet during the course of medicine to my patients depending upon the nature and severity of the ailments with good results. This is a very good tried out medicines. Vadha diseases, Kapha vatha diseases and jannipatham including fits of all kinds are very successfully treated.

7. NAIKANAI ENNAI No. 1 or Eusinophilic Lung Remedy

1.	Adathodai	leaves
2.	Kandangkathiri	,,
3.	Thuthuvelai	,,
4.	Thulasi	,,
5.	Mushumushukkai	,,
6.	Kanjankorai	,,
7.	Imbural	,,
8.	Thaivelai	,,
9.	Mut-Shangku	,,
10.	Peimiratti	,,
11.	Vaikal sadachi	,,
12.	Ganapoodu	,,
13.	Vennochi	,,
14.	Appaikodi	,,
15.	Kuppaimeni	,,
16.	Poonavarai	,,
17.	Avuri	,,
18.	Indu	,,
19.	Kozhniavarai	,,
20.	Velipparuthi	,,
21.	Manjanathi	,,
22.	Vilvam	,,
23.	Karunochi	,,
24.	Pungam	,,
25.	Mul-murungai	,,
26.	Poduthalai	,,
27.	Nilavagai	,,
28.	Chirucheruppadai	,,
29.	Vishnukaranthi	,,
30.	Thiruneetru pachai	,,
31.	Nayuruvi	,,
32.	Pirandai juice	
33.	Puliamadal juice	
34.	Thumbai	leaves
35.	Keezhkoinelli	,,
36.	Pavattai	,,
37.	Thelkodukku	,,
38.	Kuppi poodu	,,
39.	Vattathuthi	,,
40.	Thiruvathi	,,
41.	Kodiveli	,,
42.	Modakkothan	,,

Of each about 10 palams leaves.

43. Manathakkali leaves
44. Veezhi ,,
45. Karisali ,,
46. Ponnangkanni ,,
47. Thalai shuruli ,,
48. Semmulli ,,
49. Kalarchi ,,
50. Naivelai ,,
51. Naipakal ,,
52. Kathotti ,,
53. Semparuthi ,,
54. Masipathiri or Masipachai ,,
55. Kovai ,,

Of each about 10 palams leaves.

These are cut into small bits, pounded well and juice extracted. Total juice is about 6 Madras measures which is put in a thailam pot.

Kalkam Ingredients :

1. Chukku
2. Milaku
3. Thippili
4. Kasthuri manjal
5. Vasambu
6. Chitharathai
7. Kadugurogani
8. Akkarakaram
9. Koshtam
10. Thippilimoolam
11. Vellaippondu (garlic)

Of each 2 palams or 2½ ounces.

These are powdered, rubbed into kalkam (ie. thin paste) by using the above juice and added to the juice in the pot. Next, Vembu Ennai (Neem oil) 4 Madras measures are added. All these are boiled until it becomes of a Thailapakam, then strained and bottled up.

Dose : ½ to 1 teaspoonful may be taken with Inji juice or cow's milk or breast milk (in young children) or in Orange juice etc. twice a day.

Uses: Eusinophilia, Bronchial asthma, Broncho-pneumonia and Neerkanai or Allumantham in children are cured. This is a tried out and promising remedy in Eusinophilia and Neerkanai.

8. NAIKANAI ENNAI No. 2 or Eusinophilia Remedy No. 2

1.	Adathodai	Leaves	juice
2.	Kandangkathiri	"	"
3.	Thuthuvelai	"	"
4.	Karunthulasi	"	"
5.	Mushumushukkai	"	"
6.	Kanjangkorai	"	"
7.	Imbural	"	"
8.	Vennochi	"	"
9.	Appaikodi	"	"
10.	Kuppaimeni	"	"
11.	Indu	"	"
12.	Velipparuthi	"	"
13.	Vilvam	"	"
14.	Poduthalai		"
15.	Vishnukaranthi		"
16.	Thiruneetru pachai		"
17.	Keezhkoinelli		"
18.	Thelkodukku	leaves	"
19.	Kodiveli	"	"
20.	Manathakkali	"	"
21.	Manjal karisalai	"	"
22.	Ponnangkanni		"
23.	Kazharchi	leaves	"
24.	Masipachai	"	"

Of each lbs 2 juice.

Kalkam Ingredients:

1. Chukku
2. Milaku
3. Thippili
4. Thippilimoolam
5. Kasthuri manjal
6. Vasambu
7. Chitharathai
8. Kadugurogani
9. Akkarakaram
10. Jathikoshtam

Of each 6 tolas churnam.

11. Vellaipoondu — 5 palams (for paruppu or kernal 6 tolas)
12. Vembu ennai — lbs 16 or 4 Madras measures.

Prepared thailam as per rules and as mentioned under Naikanai Ennai No. 1.

Dose, Anupanam, and **Uses** are also the same as that of Naikanai Ennai No. 1.

9. PAZHACHARU ENNAI (or Kumari Lime Juice Oil or Soothing and Cooling Laxative)

1. Lime fruits juice — 2 lbs.
2. Kumari (Shotrukaththalai juice) — 2 lbs.
3. Kadukkoithole churnam — 3 tolas.
4. Castor oil — 2 lbs

No. 3 is rubbed into a kalvam, mixed with the juices and oil, boiled into melugu pakam, strained, cooled and bottled up.

Dose: $\frac{1}{4}$ seer is mentioned in the works. I prescribe $\frac{1}{2}$ to 1 ounce only once in the morning or at bed time. It produces nice motions.

Uses: Piththam 40, Burning sensation of the whole body or the extremitis, all gastro intestinal diseases particularly gastic and intestinal catarrh are relieved. This oil may be taken continuously or regularly for about 15 days or two weeks in suitable doses.

10. SIDDHATHI ENNAI OR Siddha Purgative Oil No, 1

1.	Perungkayam	Of each one Madras palam churnam or 6 tolas.
2.	Vellaipoondu (kernal)	
3.	Purified Neervalam	
4.	Vengkaram fried	
5.	Shotrukathththalai (Kugai neer)	
6.	Kadukkoithole	
7.	Induppu	
8.	Karunjeerakam	
9.	Thippili	
10.	Vellaipoondu juice	— 8 ounces
11.	Kadukkoithole decoction prepared as per rules	— 8 ounces
12.	Pure Castor oil (Chitramanakku ennai)	— 1 Madras measure or 4 lbs.
13.	Thengoi milk (coconut kernal) extracted into juice	—8 Madras measures
14.	Velipparuthi leaves juice	—8 Madras measures

Nos. 1 to 9 are rubbed into a kalvam, added to the juices and oil in a thailam pot and then boiled. When it becomes of a waxy or thailapakam consistency it is decanted, cooled and bottled up.

Dose: FOR ADULTS ½ to one teaspoonful may be given only once in the morning with one ounce of hot water or coffee or other decoctions. In certain chronic ailments this purgative oil is given for 3 consequitive days in the morning only, adjusting the dose of the purgative oil according to the condition and toleration of the patient depending upon the number of motions he had the previous day. The dose of the oil when given as a purgative only once, may be slightly increased depending upon one's own constitution. For Children it is given in drop dose with mother's milk or Cow's milk according to the age of the children.

Uses: For all serious and chronic diseases wherein purging and elimination of bad matter is indicated this oil is very well prescribed or and may be employed. Ordinarily this oil is a very good purgative and a curative of diseases as well. Abdominal tumours, Head diseases, joint affections. Liver and spleen diseases, Ascities, Ulcers of all kinds, Syphilis, Diabetes mellitus, Stomatitis, Thirst, Hiccup, Burning sensation of the body, Insanity Gonorrhoea, Leucorrhoea, all kinds of Vayu, gunmam, intestinal worms, Amenorrhoea, Glandular swelling, Fistulas and Constipation etc. are cured.

Diet: Butter milk and rice are good.

Note: If motions are excessive, butter milk and rice may be taken after a cold bath. The motions will stop. If not, cummin seeds (jeerakam) fried with a little honey, water added to it and reduced to ¼th part of a decoction may be administered which will stop both the vomiting and purging immediately or simple **Vasambu burnt into char or ash** may be taken about a pinch or two well mixed with honey. This will abruptly stop motions.

11. THIRUKU KALLIPAUL ENNAI OR BEDHI ENNAI

1. Thiruku Kallipaul	—	4 ounces
2. Castor Oil	—	12 ounces
3. Kariuppu Parpam	—	½ ounce.

All these three ingredients are mixed together in a chatty, boiled, when proper stage for thailam (such as red colour and a smell will be noticed and sediments of the milk will float in the oil) are observed, it is removed from the fire, Ashka Sugar 200 grams is added, stirred well, allowed to cool itself, then decanted, and preserved in a bottle.

Dose: 10 to 15 drops in Jaggery-Coffee once in the morning only and if necessary for 3 days continuously may be given. Palm Jaggery-Coffee may be taken often. After 5 hours, Butter millk and rice may be given: Hot water will increase the motions and cold water will stop the motions.

Uses: Vadhakudaichal, Rheumatism, Lumbago, Keelvayu and Constipation are relieved.

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CHAPTER-8

KALIMBU & KALPAMS

KALIMBU

1 Auratha Vrana nai or Thuvar nai

2 Karpoki Paste or Chori-Chirangu Cum Padai Paste or Padai Poochu Marunthu (for External application only)

3 Kilinjal Melugu or Kilinjal Kalimbu for Fissure feet external cure

4 Shamburna Kalimbu

5 Mirudarsingi Kalimbu or Singi Ointment

6 Thuvar Kalimbu or Ulcer Ointment

KALPAMS

1 Adathodai Kalpam or Eraippu Erumal Nivarani

2 Pachai Drakshai Kalpam (Traditional)

3 Panchamooli Kalpam (Traditional)

4 Fermented Thippili Honey

5 Margosa Kalpam

CHAPTER-8

KALIMBU & KALPAMS

1. AURATHA VRANA NAI OR THUVAR NAI

Alam, Aththi, Iththi, Arasu and Naval barks of each ¼ viss, pounded into coarse powders, put in a vessel, water 12 Madras measures is added, boiled, reduced to 1/6th part, cooled, crushed well, strained through cloth in another suitable vessel, butter 500 Grams is added, allowed to remain for a day in that decoction, next day onwards it is stirred nicely with a wooden stirring material (தயிர்மத்து) for about 3 to 5 days and thus the red-coloured butter is secured and preserved in a suitable dish.

Uses: This medicated butter is applied externally over irritable ulcers, Vesicles, burning blisers, Herpes-zoster, Karappan, Weeping and irritable eczema etc. very effective in cases of Arsenical rashed all over the body by external application and in urticarea.

2. KARPOKI PASTE or Chori-chirangu Cum Padai Paste or Padai Poochu marunthu (for external application only)

1.	Kopparai thengkoi	—	4	Nos.
2.	Karpoki arisi	—	30	tolas
3.	Neeradi muthu paruppu	—	30	,,
4.	Karunjeerakam	—	30	,,
5.	Kattu jeerakam	—	30	,,
6.	Kasha kasha	—	30	,,
7.	Valuluvai arisi	—	30	,,
8.	Kowla	—	30	,,
9.	Ghendakam	—	30	,,

The above nine ingredients are nicely, powdered and pounded. Then rubbed with KUPPAIMENI LEAVES JUICE for 2 days in a grinding stone, made into villais, dried in the sun, powdered again and preserved in a glass jar. The more we use the juices for rubbing or for soaking the churnam compound before use the better it is for rapid cure.

Uses: A little of this churnam compound is placed in a grinding stone well rubbed with a little of curd or kati jalam or lime juice or kuppaimeni leaves juice into a fine paste and kept in a dish. When required just $\frac{1}{4}$ to $\frac{1}{2}$ hour before taking bath, this paste is applied all over the affected parts and bath taken thereafter. This is meant for EXTERNAL APPLICATION ONLY in cases of Psoriasis, Eczema, Chorichirangu, padai and scabies etc. This paste may also be mixed with coconut oil or red oil and applied to the scabies.

3. KILINJAL MELUGU OR KILINJAL KALIMBU

(For External application to Fissure feet and Hands)

Kilinjal raw is secured quantity sufficient, placed in a basin, poured in it sufficient quantity of Nellikoi fresh juice just to keep the kilinjal well immersed in the juice, kept soaked for a day and then allowed to dry completely in the hot sun, often, shaking or stirring it well in order that the juice may be uniformly distributed to the kilinjal.

If necessary this process of soaking the kilinjal with Nellikoi fresh juice and drying it in the sun, may be repeated once or twice more. Thereafter this kilinjal-pavanai is enclosed in a suitable chatty or agal which is covered with another agal. Seven layers of clay cloth are applied to the margin, dried and is subjected to heavy putam. Now the kilinjal becomes a fine chunnam.

1. This kilinjal chunnam is taken for kilinjal melugu	—	1 part or 8 ozs.
2. White kungilyam finely powdered	—	1 part or 8 ozs.

3. Nelli vartal churnam — 1 part or 8 ozs.
4. Castor oil about lb 1 or sufficient quantity for mixing and rubbing the above ingredients Nos. 1, 2 & 3 into a waxy consistency.

Uses: For external application in Fissure feet and palms either plain or with Dhurva oil or Red oil.

4. SHAMBURNA KALIMBU (or Chronic Ulcers Cure-External or Aruatha Vrana Kalimbu)

1. Mirudar singi powder
2. Rasakarpuram ,,
3. Vellai Kungilyam ,,
4. Lingham powder ,,
5. Mashikoi churnam } Of each equal parts.
6. Kadukoithole ,,
7. Thandrikoithole ,,
8. Kashukatti churnam (Catechu)
9. Cow's butter equal to the total weight of the above 8 ingredients is taken. These are well rubbed together in a kalvam for about 180 hours or 6 days continuously and then washed repeatedly in the kalvam itself by using plain water little by little. Then it is bottled up when there is no water in it.

Uses: This is meant for EXTERNAL APPLICATION ONLY, over chronic ulcers of all kinds including dry eczeme and ring-worm. Soap should not be used for washing purpose. Kadalai (bengal-gram) or black-gram or green gram flour may be used instead in place of soap.

Note: If this application produces burning and pain or inflammation in certain cases, please stop it and apply Sivappu Ennai or Simple coconut oil after washing the ointment or the ointment may be diluted with some more butter and then applied. One or two applications are quite enough.

5. MIRUDAR SINGI KALIMBU OR SINGI OINTMENT

1. Mirudar singi — 1 oz.
2. Coconut oil — 120 tolas or 3 lbs.

No. 1 to be powdered, mixed with the oil, boiled gently until the powder is dissolved and then preserved in a dish,

Uses: For external application over warts, pimples, scabies, and other skin diseases. This acts excellently well in these cases by external application.

6. THUVAR KALIMBU or Vrana Kalimbu or Ulcer Ointment (for external application only)

1. Kadukoi thole churnam
2. Nellikoivartal ,,
3. Thandrikoithole churnam
4. Kashukatti churnam

} Each in equal parts or 4 ozs only.

These four ingredients are mixed together in a kalvam, rubbed well with cow's ghee or coconut oil (quantity sufficient) into an ointment consistency and preserved in a glass jar. Used externally over chronic and worst unhealing ulcers. A piece of sterilized qauze and cotton are placed over and kept bandaged if necessary.

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1. ADATHODAI KALPAM or Eraippu Erumal Nivarani

Adathodai leaves fresh green – 5 viss or 200 palams (Madras weight) – Cut into bits, put in a pot, water 40 Madras measures is poured in it, boiled, reduced to $\frac{1}{4}$th part, strained and the decoction is put in a jar or mud pot to which ghee is smeared inside. The following ingredients are added to the decoction in the pot.

1. Karumbu vellam — 4 viss.
2. Doathakhi (Kattathipoo) — 8 palams
3. Lavangappattai — 1 palam
4. Elakkoiarisi with outer cover — 1 palam

5.	Lavangappathiri	— 1	palam
6.	Chirunagapoo	— 1	"
7.	Thakkolam	— 1	"
8.	Chukku churnam	— 1	"
9.	Milaku churnam	— 1	,,
10.	Thippili churnam	— 1	"
11.	Honey	— 2	lbs.

All these bazaar drugs are coarsely powdered, added to the decoction together with Karumbu vellam dissolved in it and honey added. The pot or the jar is covered with suitable lid or agal, clay cloth 7 layers are applied to the junction and buried under-ground or kept in a heap of paddy for 45 days. This is then taken out, filtered and bottled up.

Dose: ½ to 1 ounce twice a day either alone or with water may be taken.

Uses: Kasam, Swasam, Kshayam, and Eraippu Noi are relieved.

2. PACHAI DRAKSHAI KALPAM (Traditional)

1.	Green Drakshai fresh	— 20	lbs (juice to be squeezed)
2.	Karumbu vellam	— 4	lbs
3.	Honey	— 8	lbs
4.	Elakkoi churnam with its outer cover	— 2	tolas
5.	Lavangappattai churnam	— 2	,,
6.	Dhathakoi (Kattathipoo)	— 15	,,

These are mixed together in a mud pot to which ghee is smeared inside (or porcelain jar), covered with an agal, sealing with clay cloth seven layers to the margin is done, and is subjected to Poomi–panthanam or kept in a heap of paddy or husk for 40 to 45 days. It is then taken out, opened, filtered and bottled up.

Dose: ½ to 1 ounce twice a day may be taken.

Uses: It is a nutritious tonic, good stinulant to the heart and brain, apetizer and general health restorer. In children the dose may be reduced according to their age.

3. PANCHAMOOLI KALPAM (Traditional)

1.	Manjal karisalai leaves juice	— 2 lbs
2.	Mushumushukai juice	— 2 ,,
3.	Inji juice	— 2 ,,
4.	Sugar cane juice	— 2 ,,
5.	Nellikkoi juice	— 2 ,,
6.	Honey	— 2 ,,
7.	Karumbu vallam	— 1 viss.

All these seven ingredients are mixed together in a suitable mud pot (to which ghee is smeared inside) or other porcelain jar and the following ingredients are also added.

1.	Elakkoi with its outer cover Crushed	— 6 tolas
2.	Lavangappattai churnam	— 6 ,,
3.	Dhathakoi (kattathipoo)	— 8 ,,

The pot is then covered with an agal, sealed with seven layers of clay cloth and buried in the heap of paddy or husk or kept safe in an underground for 45 days. Thereafter it is taken out, opened filtered and bottled up.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ ounce may be given 2 or 3 times a day diluted with water.

Uses: This is a remedy or a substitute for **addicts to Narcotics** to gorget it. Digestive diseases and bronchial affections are relieved.

4. FERMENTED THIPPILI HONEY (Special)
(திப்பிலி காரம் ஏற்றியதேன்)

1.	Lime fruits 30 for juice	— lb - 1
2.	Best Honey	— lb - 1

Thippili fried churnam $\frac{3}{4}$ lb. (One lb. is said in the manuscript but we used $\frac{3}{4}$ lb.)

These three ingredients are put in a Glass Jar or Mud pot, covered, Seelaiman is made and kept for one month. Then it is opened, filtered and bottled up.

Dose: 1 to 2 teaspoonfuls to be given diluted with water 2 or 3 times a day.

Uses: All vayus and kapham are relieved. It is a stimulant to the heart and lungs.

5. MARGOSA KALPAM (Special)

1. 100 years old Margosa tree bark
2. 100 years old Margosa root bark
3. 100 years old Margosa leaves churnam
4. 100 years old Margosa flowers churnam
5. 100 years old Margosa unripe fruit churnam

Of each 4 ounces.

Mixed well and bottled up.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful or thirikadi dose to be taken with milk or orange juice daily morning and evening for 45 days. To be repeated every 3 Months upto 1 Year.

Uses: It is an excellent Kayakalpam. Pitham, Vayu & Ushnam are cured. Eyes are bright, Intelligence becomes shrewd and sharp, body becomes immune to all diseases, sense of propotion and understanding power become intensified (Gnanam ஞானம் – is brightened), Hair never becomes grey and senility doesnot appear. When you keep a ripe plantain fruit inside the powder for 40 days it becomes an unripe fruit. When this unripe fruit is taken inside as a kalpam, it makes the physical body very strong like a hard strong stony pillar. Senility becomes young. Body never gets weak throughout the life.

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CHAPTER - 9

LEHIYAMS & RASAYANAMS

1. AMARA VALLABA LEHIYAM

Kashayam Ingredients :

1. Tender leaves of Mango tree (மாந்துளிர்)
2. ஈர்க்கு of மாம்பழுப்பு leaves
3. Inji (தோல் சீவியது)
4. மாதுளம் பழத்தோல் (Skin of Pomegrantes dried)
5. Nerpori (நெற் பொரி)
6. Vilvam ver (வில்வ வேர்க்கட்டை)
7. Sugar Cane (கரும்பு).

All these drugs are taken each 8 tolas - 4 Madras measures of water are added, boiled, reduced to $\frac{1}{4}$th part, filtered and put in a vessel.

8. Karumbu vellam — 30 palams
9. Ashka sugar — 10 palams.

Nos. 8 & 9 are added to the decoction, filtered again, boiled, when it is of syrup consistency the following drugs are added and Lehiyam prepared.

1. Korai kilangu churnam
2. Dhania ,,
3. Jeerakam ,,
4. Elarisi ,,
5. Lavanga pattai ,,
6. Chirunagapoo ,,
7. Chukku ,,
8. Milaku ,,
9. Thippili ,,

} Of each one tola to be added.

10. Cow's Ghee lb. 1
11. Honey lb. 1 } Are added as per rules.

Dose: ½ tola twice a day.

Uses: Constipation, anorexia, general debility and indigestion etc. are cured.

2. BILVATHI LEHIYAM (SIDDHA)

1. Vilva ver (தோல் போக்கி) After removing the outer skin } 8 viss for preparing decoction as per rules.

2. Lavangam
3. Lavanga pattai
4. Elarisi
5. Jathipaththiri
6. Chirunagapoo
7. Chukku
8. Thalisam
9. Thippili
10. Milaku } Of each 6 palams or 48 tolas fine churnam.
11. Brown sugar — 9½ viss
12. Honey — 4 viss
13. Ghee — 8 viss
14. Milk — 12 to 16 Madras measures.

Prepared as per rules.

Dose: ½ to 1 tola may be given twice a day before food followed by milk or butter milk.

This is good remedy for Indigestion, grahani and piththa rogas. This is also a brain and nervine tonic.

3. BRONCHIAL ASTHMA LEHIYAM

(a) 1. Thalisapaththiri churnam
2. Madhanakamapoo "
3. Kattathipoo "
4. Valmilaku " } Each 8 tolas

	5.	Chukku churnam	Each 8 tolas.
	6.	Athividayam ,,	
	7.	Kashakasha ,,	
	8.	Lavangam ,,	
	9.	Elaikoi arisi ,,	
	10.	Jathikoi ,,	
	11.	Jathippathiri ,,	
(b)	12.	Abin	— 3 tolas
	13.	Purified Ganja nicely powdered	— 5 ,,
	14.	Pachai karpuram	— 3 ,,
	15.	Kungumapoo (best)	— 3 ,,
	16.	Gorojanam (best)	— 1 ,,
	17.	Puzhugu (best)	— $\frac{1}{2}$,,
	18.	Kasthuri (best)	— 1 ,,
(c)	19.	White sugar	— 1 viss
(d)	20.	Cow's ghee	— lb 1 to $1\frac{1}{2}$ lbs
(e)	21.	Honey	— lb 1 to $1\frac{1}{2}$ lbs
(f)	22.	Adathodai ver	— 4 ounces
	23.	Kandankathiri ver	— 2 ,,
	24.	Karuoomaththam ver	— 2 ,,

First decoction is to be prepared with (f) group roots with water as per rules. This decoction is then filtered, sugar (c) is added to this decoction and syrup is prepared as per rules. When this syrup is of proper consistency (a) and (b) groups churnams are mixed together, added to the syrup and kindled nicely. Immediately ghee is added, removed from the fire, kindled again and again and on being completely cooled. Honey is mixed with the lehiyam and preserved in a glass jar.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ tola morning and evening may be given again and or this may be reserved for an acute condition when dyspnoea, cough, spasm and loss of sleep are severe.

Uses: Bronchial asthma, Eusinophilic lung, Cardiac trouble, Kasam, Swasam, Kshayam, sleeplessness, indigestion, anorexia, diarrhoea and Grahani etc. are cured.

4. DYSENTERY & DIARRHOEA REMEDY OR Kashakasha Lehiyam (Special)

1. Kashakasha-thole (Posthakoi thole) — 1 part or 1 lb.
2. Haleelai siah (கடுக்காய்ப் பிஞ்சு) — 1 part or 1 lb.
3. Kashakasha — ½ part or ½ lb.
4. Cow's butter — 2 lbs.
5. Cow's ghee — ¾ lb.
6. China Karkandu — powdered and added.

Mode of Preparation:

Nos. 1 to 3 drugs are to be fried with a part of butter until each of them becomes blackened, then powdered, rubbed together in a Kalvam, added sugarcandy powdered, rubbed then with the remaining butter, ghee and then bottled up.

Dose: ¼ to ½ tola twice a day.

Uses: Dysentery and Diarrhoea are cured

5. EALAI ERUMAL LEHIYAM OR Astmatic Cough Remedy

1. Valmilagu, fried with cow's ghee and powdered 5 palams.
2. Akkarakaram coarcely pounded, fried plainly until it is totally charred or blackened and then powdered 5 palams.
3. Vatham paruppu (Almonds)-20 palams, soaked in hot water, skin peeled off, dried weighed 20 palams, fried with cow's ghee and powdered.
4. Cheenakarkandu, finely powdered - 60 palams.

All these powders are mixed well in a kalvam.

5. Cow's ghee 1½ lbs.
6. Honey - 1½ lbs.

Nos. 5 and 6 are also added and mixed in order to make the consistency of the medicine as that of lehiyam or confection.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ tola may be taken as it is, twice or thrice a day according to severity of cough. Children may be given half of the dose according to their age.

Uses: It is a cough remedy useful in all sorts of irritable cough.

Note: Karkandu may be made into a syrup, powders mixed in it followed by the ghee, stirred and mixed well. Honey may be added when it is cooled. This becomes a fine lehiyam instead or mixing the karkandu as powder.

6. ELAI ERUMAL RASAYANAM (Special)

1.	Adathodai	leaves	churnam	Of each 8 ounces.
2.	Kandangkathiri	,,	,,	
3.	Mushumushukkai	,,	,,	
4.	Thuthuvalai	,,	,,	
5.	Kanjankorai	,,	,,	
6.	Potrilaikaiyan	,,	,,	
7.	Kuppaimeni	,,	,,	
8.	Thulasi	,,	,,	

Bazaar Drugs:

1.	Chukku	churnam	Of each 3 tolas.
2.	Milaku	,,	
3.	Thippili	,,	
4.	Thippilimoolam	,,	
5.	Thalisapathiri	,,	
6.	Akarakaram	,,	
7.	Chittarathai	,,	
8.	Chevvyam	,,	
9.	Lavangam	,,	
10.	Lavangappattai	,,	
11.	Elakoi arisi	,,	
12.	White sugar		— 1 viss.
13.	Cow's ghee		— 1 to 2 lbs.
14.	Honey		— 5 lbs.

All the above churnam ingredients are mixed together in a vessel, sugar is also mixed with them, ghee and honey are added and bottled up. No need to be heated.

Dose : ½ to 1 tola B. D. may be given.

Uses: Kasam, Swasam, Kshayam, and Eraippu are well responded to; fever, Burning sensation and Vadhakudaichal of the body are also relieved.

7. ELUMICHU LEHIYAM OR
Pithathicka Nivarani Lehiyam

1.	Lime fruits 100 (for juice)	
2.	Karumbu sharukarai or Cheenakarkandu	— 100 palams or 2½ viss
3.	Milaku churnam	— 3 palams or 9 tolas
4.	Jeerakam churnam	— 3 palams or 9 tolas
5.	Jathikottam ,,	Of each ½ oz.
6.	Chukku ,,	
7.	Thalisam ,,	
8.	Thippili ,,	
9.	Jathikoi ,,	
10.	Jathipathiri ,,	
11.	Cow's ghee	— ½ - lb.
12.	Honey	— ½ - lb.

Mode of Preparation:

Lime fruits are warmed or heated with straw or dried coconut leaves and then juice extracted. Sugar is dissolved in this juice, filtered boiled into a good syrup consistency, then the churnam (already mixed together) are added, mixed, ghee is added, kindled nicely and the vessel is removed from the fire. On being cooled, honey is mixed in it and preserved in suitable glass jar.

Note: Some physicians do not add honey in this process. There is nothing wrong by adding honey.

Dose: ½ to one tola twice a day may be given.

Uses : Piththam, Piththajeeranam, Arojakam, Ajeeranabedhi, Piththavayu and Vaitruvali etc are cured.

8. GENERAL TONIC LEHIYAM No. 1

1.	Jeerakam fried churnam		—	15	tolas
2.	Sombu fried	,,	—	9	,,
3.	Chukku	,,	—	12	,,
4.	Milaku fried	,,	—	1½	,,
5.	Thippili	,,	—	1½	,,
6.	Elakoiarisi	,,	—	6	,,
7.	Lavangam	,,	—	6	,,
8.	Lavangappattai	,,	—	6	,,
9.	Vadamparuppu	,,	—	15 to 30	,,
10.	Salamisiri powder		—	6 to 12	,,
11.	Murungaipisin		—	6	,,
12.	Vadampisin		—	6	,,
13.	Vilampisin		—	6 to 12	,,
14.	Karuvelampisin		—	6 to 12	,,
15.	Inji muraba		—	1-8-0	lb.
16.	Pereechampazham		—	2 to 3	lbs.
17.	Angoor Drakshai		—	2 to 3	lbs.
18.	Rose gulkandu		—	2 to 3	lbs.
19.	White of eggs		—	50	Nos.
20.	Lime fruits		—	30 to 40	Nos.
21.	Ilaneer		—	4	Nos.
22.	Ashka sugar		—	4	viss.
23.	Cow's ghee		—	1 to 1½	lbs.
24.	Honey		—	1 to 1½	lbs.

Mode of Preparation:

(a) Nos. 15, 16 and 17 are nicely powdered individualy in a stone ural, mixed together, added No. 18 and once more pounded together. This is kept separate.

(b) Next 11, 12, 13 and 14 are placed in a dish, No. 21 Ilaneer is poured in it to be soaked well, kept for an hour or so, then ground well into a fine paste and kept separate.

(c) No. 9 is kept soaked in hot water for an hour, skin peeled off, dried a bit and powdered nicely. No. 10 Salamisiri is nicely powdered also mixed with Vadamparuppu.

(d) Nos. 19 and 20 are mixed, stirred well into froths so that both the fluids may become a clear solution remaining Ilaneer is also added to this solution, Ashka sugar No. 22 is dissolved in this solution and boiled into a syrup. (c) Powders 1 to 8 are mixed together. When the syrup is ready a & b groups are put in it one after the other, kindled briskly (c) and (d) group powders are added and stirred thoroughly well. Next ghee is added, kindled well, vessel is removed from the fire, allowed to cool and lastly, honey is added and mixed well. The lehiyam is bottled up.

Dose: ½ to 1 tola may be given twice a day after food.

Uses: Nervous and General Debility, habitual constipation, indigestion spormatorrhoea or seminal weakness seminal emissions, impotency, loss of apetite, Nausea, Vomiting, Gunmam, Parinamasoolam, Giddiness, distaste, Hypertension and other piththa diseases are relieved. Patient feels much rejuvenated when this lehiyam is taken for 40 to 45 days either alone or with gold, silver, pearls baspams or Iya Thanga or Ayakantham or Swarnakantha chenduram. This is an excellent Nutrient vital tonic.

9. GENERAL TONIC LEHIYAM No. 2

1.	Jeerakam fried	churnam	—	2½	palams
2.	Sombu fried	,,	—	½	palam
3.	Chukku	,,	—	½	,,
4.	Milaku	,,	—	½	,,
5.	Thippili fried	,,	—	½	,,
6.	Elakoi fried	,,	—	1	,,
7.	Lavangam fried	,,	—	1	,,
8.	Lavangapattai	,,	—	1	,,
9.	Jathipathiri	,,	—	1	,,
10.	Inji muraba		—	3	lbs
11.	Pereechampazham		—	3	lbs
12.	Angoor Drakshai		—	3	lbs
13.	Rosa Gulkanthu		—	3	lbs
14.	Vadamparuppu		—	5	palams

15. Vadampisin — 5 palams
16. Murungaipisin — 5 ,,
17. Vilampisin — 5 ,,
18. Karuvelampisin — 5 ,,
19. Salamisiri churnam — 5 ,,
20. Ilaneer — 10 Nos.
21. Lime fruits — 25 ,,
22. Cow's ghee — 1 lb.
23. Ashka sugar or white sugar — 2 viss
24. Honey — 2 lbs

Mode of preparation, dose, uses and anupanams are the same as that of General Tonic Lehiyam No. 1.

10. GHENDAKA HALWA OR LEUCODERMA CURE
(Internal Medicines)

1. Purified Ghendakam 6 ounces. This is placed in an Eruppu chattey or kadoi, heated on gentle fire (charcoal fire or stove) and while it is being melted.

2. Gingelly oil 6 ounces is poured in it little by little often stirring well with a spoon or karandy. Thereafter white sugar 12 ounces is added to it and mixed nicely. When it is of Halwa consistancy the medicine is poured in another porcelain dish immediately and allowed to cool. It is preserved in a suitable glass jar. This becomes very hard on cooling. Hence it is again rubbed with honey and made into balls of 10 grains each.

Dose: 5 to 30 grains or chundaikoi size may be taken twice a day.

Uses: Leucoderma scabies and other skin diseases are cured.

11. GUNMA LEHIYAM No. 1

1. Lavangam churnam
2. Omum ,,
3. Athividayam ,, (seemai) } Of each 5 palams.
4. Kadukoipoo ,,
5. Kadukoipinju ,,

6. Induppu } Of each $2\frac{1}{2}$ palams
7. Perunkayam }
8. Kariveppilai green leaves rubbed into kalvam and added here.
9. Cow's butter milk – $1\frac{1}{2}$ to 2 Madras measures or sufficient quantity.

All the above 8 ingredients are mixed with butter milk into semisolid consistency (or kulambu pakam), heated over the fire often being stirred well and when it becomes waxy consistency it is removed from the fire and bottled up.

Note: This may be used both for Diabetic and Non-Diabetics, but if necessary sugar may be added then and there to sweeten the lehiyam for Non-Diabetics.

Dose: $\frac{1}{2}$ to 1 tola twice a day may be taken.

Uses: Gunmam of all types, colic intestines, Dyspepsia, Colitis and Grahani are cured.

12. GUNMA LEHIYAM No. 2 OR Jeerakathi Lehiyam

1. White of eggs — Nos. 25
2. Jeerakam fried churnam — 75 tolas or 25 palams
3. Sombu fried churnam — 3 ,, ,, 1 palam
4. Elarisi fried churnam — 3 ,, ,, 1 ,,
5. Ashka sugar $\frac{3}{4}$ viss or — 30 palams or 90 tolas
6. Lime fruits juice — 20 to 25 Nos.
7. Cow's ghee — 1 lb.
8. Best Honey — 1 lb.

Method of Preparation:

No. 1 is stirred well into froths No. 6 is added to it and stirred again. No. 5 ASHKA SUGAR is dissolved in this solution and boiled carefully over gentle fire into syrup consistency stirring well. When it is of proper syrup consistency churnams Nos. 2, 3 and 4 are added stirring or kindling all the while and ghee is added It is then removed from the fire, kindled well, allowed to cool itself, then honey is added and mixed thoroughly well. It is then preserved in a glass jar.

Dose: ½ to one tola may be given twice a day.

Uses: All kinds of Gunmam including Paptic ulcer and Duodenal ulcer etc. or for that matter any kind of Vaitruvali can be cured without dobut. It is a noted specific for gastric troubles. Distasthickam is subsided, Flatulence, indigestion, Loss of apetite, distaste, vanthi and liver troubles are all relieved promptly. This is a specific I have had the previlege of using successfully in cases where operation was indicated for Gastric ulcer, Duodenal ulcer and Appendicitis. This is worth trying for a fortnight in these cases before surgical aid is sought.

13. GUNMA KUDORI OR GUNMA LEHIYAM No. 3

1. Induppu
2. Kalluppu
3. Shotruppu
4. Purified puneer
5. Valayaluppu
6. Vengkaram
7. Navaksharam
8. Vediuppu
9. Chukku churnam
10. Milaku ,,
11. Thippili ,,
12. Omum ,,
13. Lavangam ,,
14. Thippilimoolam ,,
15. Koshtam ,,
16. Perunkayam (fried & powdered)

Of each one palam or 3 tolas or Equal parts.

17. Vellaippoondu (Garlic Kernal – 5 parts or 5 palams or 15 tolas
18. Panaivellam – 10 palams or 10 parts or 30 tolas
19. Honey 10 palams or quantity sufficient.

Nos. 1 to 16 are nicely powdered, mixed together in a kalvam, No 17 garlic is separately rubbed in to fine paste and then added to the powders. Panaivellam is better made into a thick syrup or paku, kept ready and then added to the above powders and garlic compound in the kalvam little by little and rubbed nicely into a waxy consistency. Finally honey is added, mixed well and preserved in a suitable glass jar.

Dose: Chundaikoi size or about 5 to 30 grains may be swallowed with hot water or butter milk once or twice a day. Better to take a cup of hot water or butter milk immediately after taking this lehiyam.

Uses: Dysmenorrhoea, Gunmam, Pithavayu (Dyspepsia), Hyperacidity, mantham and indigestion etc. are cured.

14. HEALTHY LAXATIVE LEHIYAM OR Sweet Laxative Lehiyam No. 1

1. Vadamparuppu - 5 palams kept immersed in hot water for one hour, its skin is removed, dried and powdered in a kalvam.
2. Angoor Drakhsai 5 palams (its seed & dust are removed).
3. Pereechampazham without seeds - 5 palams.
4. Surat Nilavarai leaves churnam - 5 palams. (purified in cow's milk by steambath.)
5. Karunsivathaiver churnam - 5 palams (purified in cow's milk by steambath).
6. Pinju kadukkoi churnam - 5 palams (fried a bit with castor oil or cow's ghee and then powdered)
7. Rose Gulkanth - 5 palams.
8. Cheenakarkandu finely powdered 5 palams.
9. Best Honey - Q. S. or about ½ lb to 1 lb.

All the above ingredients are nicely pounded in a stone mortar and mixed together including Gulkandu. Finally honey is added, mixed well and preserved in a glass jar.

Dose: ¼ to ½ tola may be taken at bed time followed by hot milk or may be given morning and evening in obstinate constipation. Bowels become regular. Pungents should be avoided.

Uses: Bowels move regularly. Good apetite and good digestion are ensured. Habitual constipation is definitely relieved. Patients suffering from piles, fistula and anal fissure including prolapsed rectum are really benefitted.

15. IMBURAL LEHIYAM No. 1 (Special)

1. Imbural samulam about 2 viss is taken, cut into bits, pounded in a stone mortar, put in a pot, water 30 Madras measures is added, boiled, reduced to 1/8th part, strained and this decoction is put in a lehiyam vessel.

2. Cow's milk	— 5	lbs.
3. Panagkarkandu	— 1	viss.

Now both the decoction and cow's milk are mixed, boiled, when it is more than half reduced to Panagkarkandu is powdered, added to the solution, dissolved, further boiled into a good and proper syrup consistency and then the following churnams are well mixed in the syrup.

1. Chukku churnam
2. Milaku ,,
3. Thippili ,,
4. Kashakasha ,,
5. Elakkoi arisi ,,
6. Athimathuram ,,
7. Lavangappathiri ,,
8. Jathikoi ,,
9. Jathipathiri ,,
10. Valmilaku ,,
11. Chirunagapoo ,,
12. Sannalavangapattai ,,

Of each ½ palams or 1½ tolas churnam.

These are mixed well and then added to the above syrup, kindled again nicely, cow's ghee lb 1 is also added, kindled again, removed from the fire, allowed to cool, then added best honey lb 1, mixed well and transferred to suitable dishes. Some physicians do not add honey in this preparation. But I have found it useful by adding honey. Nothing will happen by adding honey.

Dose: ½ to 1 p. w morning and evening may be given in adults and in children the dose may be reduced.

Uses: All kinds of Rakthapitham particularly Rakthakasam, (Haemoptysis), Rakthavanthi (Haematemesis) and Raktha bedhi (Haemorrhages per rectum) are cured. Kasam, Swasam and Kshyam are responded to nicely.

16. IMBURAL LEHIYAM No. 2

1	Imbural root bark (green) (இம்பூரல் வேர்ப்பட்டை)	— 1 viss
2.	Cow's milk	— 10 to 12 lbs
3.	Panagkarkandu	— 1 viss
4.	Jathikoi churnam	— 3 tolas
5.	Jathippathiri churnam	— 3 tolas
6.	Valmilaku churnam	— 3 tolas
7.	Cow's ghee	— 2 lbs
8.	Honey	— 1 lb.

Mode of Preparation :

The bark of Imbural root is nicely ground into a paste with cow's milk in a stone morter. This paste is dissolved in cow's milk and the sediments are removed (திப்பியை நீக்கி) Panagkarkandu is dissolved in this milk solution, boiled into syrup consistency, the churnams are added, kindled well, cow's ghee is also added, kindled again and removed from the fire. On being cooled, honey is mixed in it and then preserved in a dish.

Note: Some physicians do not add honey in this process. However I do not find anything wrong by adding honey.

Dose and **Uses** are the same as that of No. 1 Imbural lehiyam.

17. INJI LEHIYAM (Special for Pyloric Obstruction and Duodenal Ulcer)

(Pyloric obstruction or Male colon acquired)

1. Inji (தோல் சீவியது) — 5 palams or 15 tolas.

Water 1 Madras measure added, boiled until almost water is dried (சுண்டக் காய்ச்சி அவித்து) and rubbed into a paste in a grinding stone (2) Pereechampazham 30 tolas fried with ghee and rubbed into a paste and (3) White sugar 10 palams or 30 tolas are taken. All these three ingredients are mixed well (4) Ghee 4 ounces is added (5) Elarisi Powder 5 drams is also added. All are mixed well and bottled up.

Dose: ½ to 1 tola B. D. for ½ to one Mandalam of 40 days.

Uses: Gunmam, Soolam, Biliousness, Arojakam, Indigestion and anorexia etc. are cured.

18. INJI MURABHA RASAYANAM (Special)

1. Inji Murabha — 30 tolas
2. Rose Gulkandu — 30 tolas

   Both the ingredients are pounded together into a fine paste.
3. Elumichu lehiyam — 2 lbs.

All these ingredients are well rubbed together in a kalvam and bottled up.

Dose: ¼ to ½ tola may be given morning and evening before food.

Uses: This is a very good digestant and apetizer. In billiousness, Nausea, Vanthi, Piththa and Kapha diseases this Rasayanam is a suitable remedy.

N. B: Pereechampazham and Dhrakshaipazham 30 tolas may also be added to this Rasayanam while Nos. 1 and 2 are pounded.

19. KAKKUVAN LEHIYAM or Whoop Cure Lehiyam

1.	Kandangkathiri samulam juice	— 1 part	or 1 lb.
2.	Karunthulasi juice	— 2 parts	or 2 lbs
3.	Adathodai leaves juice	— 3 parts	or 3 lbs
4.	Honey	— 4 parts	or 4 lbs
5.	Chukku	Of each 2 drams, fine churnam.	
6.	Milaku		
7.	Thippili		
8.	Kadukkoi thole		
9.	Thandrikoi thole		
10.	Nellivartal		
11.	Lavangam		
12.	Lavangappattai		
13.	Elarisi		
14.	Chithrathai		
15.	Perarathai		
16.	Athimathuram		
17.	Thalisam		
18.	Jathikkoi		
19.	Jathipathiri		
20.	Panangkarkandu	— 30 tolas.	

Mode of Preparation:

The juices are mixed, boiled, reduced to ½ part, then panangkarkandu is dissolved in the solution, boiled, again made into pakupatham or syrup consistency, the churnam is then added and mixed well. Cow's ghee ½ lb is added and removed from the fire. On being cooled, Honey is added, mixed well and preserved in a jar.

Dose: ¼ to ½ tola according to the age for children under 10 years may be given twice a day.

Uses: This is a direct specific for Whooping cough.

20. KASHAKASHA LEHIYAM or Grahani Kapada Lehiyam

1. Kashakasha fried churnam – 6 tolas
2. Jathikkoi Nos. 2 – to be powdered
3. Mashikkoi Nos. 2 – to be powdered

4. Puliangkottai outer skin of Nos 30 – seeds outer skin to be powdered (புளியங் கொட்டை மேல் தோல்)
5. Karkatakasingi fried churnam – 2 p. w.

These five ingredients are rubbed in a kalvam or (அம்மி) with cow's milk into a fine paste(நெகிழ அரைத்து).

6. Next, Panangkarkandu 4 palams or 12 tolas is dissolved in water, filtered, put in a lehiyam chattey and the above karkam of 5 ingredients are added to it. It is then heated over small fire, kindling often until the solution becomes waxy of lehiyam consistency.
7. Cow's ghee Q. S. or about 4 ounces is added, kindled again nicely and removed from the fire.

On being cooled best honey 4 ounces is also added, mixed well and transferred to a suitable glass jar.

Dose: ½ to one tola may be taken twice a day.

Uses: Rakthabedhi, Athijarabedhi, Seethabedhi, and Grahani etc. are cured. Neerkaduppu and Neererichal are also relieved.

Note: This is mentioned in Pathartha Guna-Vilakkam by C. Kannuswami Pillai, Honey is not mentioned in that book.

21. KRIMINASANI LEHIYAM

Purasamvithu 5 palams-kept immersed in cold water for two hours, outer skin is peeled off, inside kernal (paruppu) is collected, dried in the sun and powdered. Now this churnam weighs 12 tolas.

Cow's milk-lb-1 and white sugar 5 palams or 15 tolas are taken, made into a syrup, the above Purasamvithu churnam is added, stirred well, cow's ghee 8 ounces added, mixed well and removed from the fire. On being cooled best honey 4 ounces is also added and mixed well.

Dose: 5 to 15 grains twice a day may be given for both children and adults for 2 or 3 days and on the fourth day a purgative may be given.

Uses: Intestinal worms are destroyed. This is an Anthelmantic. This is given for 2 or 3 days and on the third or fourth day a purgative preferably **Sanjeevi pills** in children and **Thengoi lehiyam** in adults or our Night pills 2 may be given only one dose in the morning. Rice and butter milk shall be the diet.

22. KOTHUMALLI LEHIYAM OR DHANIA LEHIYAM

Kothumalli - 2 Madras measures. Angoor Drakshai–10 Madras palams or 60 tolas. Water 12 Madras measures to be added, boiled, reduced to 1/6th part and then the decoction is strained in a vessel. Orange juice 1 lb is also added. White sugar or karumbu sharkarai 3/4 viss is dissolved and boiled into a syrup. The following churnams are added and kindled well.

1. Athimathuram
2. Mathanakamapoo
3. Peraraththai
4. Jathikoi
5. Jathipathiri
6. Lavangam
7. Lavangappattai
8. Kadugurohini
9. Valmilaku
10. Chiththarathai
11. Dhesavaram (Thippilimulam)
12. Chukku
13. Milaku
14. Thippili
15. Thalisam
16. Kugaineer
17. Jathikottam
18. Elarisi
19. Chitramulam
20. Vayuvidangam
21. Jeerakam
22. Vengkaram (fried)

The above 22 drugs are nicely powdered, $\frac{1}{4}$ palam or 5 drams each is taken, mixed added to the syrup, kindled well, cow's ghee 2 lbs is also added and on being cooled, honey is added about 1 lb, kindled nicely and preserved in a glass jar.

Dose: $\frac{1}{2}$ to 1 tola to be taken morning and evening for 20 to 40 days.

Uses: All Piththa diseases, burning sensation of the whole body, eyes and extremities, vayu, mantham, megakshayam, vomiting, nausea, piththavettai, Thakam (thirst) exhaustion (Sokam) granthi, (skin diseases), fistula, pandu, soothakavayu, rat-bite poisioning, jaundice, Rakthapitham, perspiration, kanai (rickets), Vadha diseases soolainoi, Athijwaram, Perumbadu, hiccup and ever so many diseases are cured. General Vitality is increased.

23. KUMARI LEHIYAM (Traditional)

Shotrukathalai soru or Kumari pulp about 10 palams or 30 tolas or quantity sufficient is secured, washed well with water, placed in a basin, sprinkled about 5 palams of Askha sugar mixed, tied in a piece of cloth as a loose bundle and hanged like Dholayanthram so that its juice may be collected in a dish kept below the bundle.

1. This kumari juice or fluid about 8 palams is taken.
2. Chukku
3. Milaku
4. Thippili
5. Jathikoi
6. Jathipathiri

Of each churnam 4 p.w. Is also taken.

7. Cheenakarkandu – palams or 12 tolas finely powdered.

These ingredients in fine powders are added to the juice and mixed well.

8. Cow's ghee lb 1 is also added, stirred well and kept exposed to the sun until the compound becomes waxy consistency.

Note: This lehiyam is not to be boiled but is kept exposed to the hot sun to form lehiyam. Honey is not mentioned in the work. There is no harm in adding about lb $\frac{1}{2}$ honey in the end before being bottled up.

Dose: (புன்னைக்காய்அளவு) is mentioned. But $\frac{1}{4}$ to $\frac{1}{2}$ tola twice a day may be given.

Uses: All kinds of piles and Ushnam diseases are cured. Particularly (முளைமூலம், ரத்தமூலம்,) Dropsy is also relieved.

Diet: White Pumpkin, karappan articles, cold rice and sexual indulgence are prohibited.

24. MAHA VALLATHI LEHIYAM

(For Paksha Vadham & Other Vadhanoi)

1. (குமிழ் போக்கி) Cap removed and purified Shengkottai	4 palams or 12 tolas.
2. Steam boiled in cow's milk, dried and again powdered Parangippattai churnam	4 palams or 12 tolas.

(3) Kalkam Ingredients:

1. Chukku churnam	All these 18 ingrediants each ¼ palam or ¾ tola.
2. Omum ,,	
3. Kurosani Omum ,,	
4. Milaku ,,	
5. Manjal ,,	
6. Maramanjal ,,	
7. Chitharathai ,,	
8. Mallee ,,	
9. Chitharamula-verpattai ,,	
10. Thippili mulam ,,	
11. Lavangam ,,	
12. Jathikoi ,,	
13. Jathipathiri ,,	
14. Kadukoithole ,,	
15. Jeerakam ,,	
16. Karunjeerakam ,,	
17. Thandaikoi-thole ,,	
18. Chiruthekku ,,	

(4) 1. Kungumapoo	Each one p.w.
2. Gorojanam	
3. Kusthuri	

4. Vellaipoondu — 1 palam or 3 tolas
5. Pereechangkoi — 1 palam or 3 tolas
6. Black Ellu — 1/8 Madras measures or 8 ounces
7. Panai vellam — 10 palams or 30 tolas
8. Cow's ghee — $\frac{1}{4}$ Madras measure or 16 ounces
9. Honey — $\frac{1}{4}$ Madras measure or 16 tolas.

Mode of Preparation :

All the eighteen kalkam ingredients churnam and Parangippattai churnam are mixed together.

Cow's ghee is put in an Eruppu or Kadoi in which Shengkottai purified already is also put, boiled under small fire until all the seeds are exploded and floated in the ghee upper surface. Then the kadoi is removed from the fire, floated Shengkottaies are separated and kept in a dish while the ghee which is now dark in colour and gives the smell of Shengkottai is kept separate in another dish.

Next, Pereechangkoi seeds are removed, the fleshy portion is cut into small bits, Vellaipoondu is removed of its outer skin and its kernal alone is preserved. Both these Pereechangkoi bits and garlic kernals are kept separate.

Thereafter, the burntup Shengkottai or charred Shengkottai is finely pounded or powdered in a stone mortar, strained through sieves and fine powder alone is kept separate.

Next, Ellu (gingelly oil seeds) which is purified as per rules is pounded in a ural or stone mortar into a fine powder, added Pereechangkoi bits and garlic kernals, pounded again nicely into a mass (நன்றாய் உறவாகும்படி இடித்து) added then charred shengkottai fine powder (removing its thippi or rough shells), pounded again, next Panaivellam is added pounded again, next is added kalkam ingredients of 18 powders and Parangippattai churnam, pounded again very well by adding slowly little by little the Shengkottai boiled and filtered ghee and continued pounding in the stone mortar for about 12 hours or even longer.

Thereafter all these compound mixed mass is removed from the mortar to a clean basin, honey is now poured in it, mixed well together into a fine waxy consistency or like confection.

Next day, Gorojanam, Kungumapoo and Kasthuri are nicely powdered in a kalvam, added to the above confection mass and mixed well by rubbing in a kalvam or nicely pounding in a stone mortar for two days. This is then preserved in a suitable glass jar.

Dose: About a chundaikoi size to kalarchikoi size or 15 to 30 grains may be given twice a day after food, according to the nature of the ailments and the constitution. 5 to 15 grains may be started and then the dose gradually increased.

Uses: All kinds of Vadhanoi, Soolainoi, Kranthi, joint diseases including Rheumatism, Arthritis and Rheumatoid arthritis, Chorea, Gunmam, Leprosy, Cancer, worst skin diseases, Meganoi and ever so many serious and chronic ailments are cured. It is a remedy for Hemiplegia and other paralysis.

Note: It is better to add Chandamarutham gr. 1 and Gold chenduram gr. 1 (prepared as per Theraiyar Karisal) to each does of the above Mahavallathi Lehiyam to hasten the recovery of paralysis and other ailments.

25. MENI RASAYANAM OR NEURITIS CURE
or Kaikal Dhekam-Kan Erivu Nivarani (Special)

1. Kuppaimeni leaves, dried in the shade and powdered into nice churnam } Each equal parts or 8 ounces each.
2. Karunjeerakam fried and powdered churnam }
3. White sugar — 8 ounces
4. Honey — 1 lb or quantity sufficient.

All the above ingredients are mixed well and bottled up.

Dose: $\frac{1}{2}$ to one dram may be taken with honey twice a day before food.

Uses: Burning sensation of the palms of the hands, soles of the feet and all over the body is relieved. This is good in a way for **peripheral neuritis and karavadha janni,** Intestinal worms are also destroyed.

26. MEGA SANJEEVI LEHIYAM (Similar to Parangi-Pattai Rasayanam or Lehiyam)

1.	Parangi pattai churnam	— 30 tolas
2.	White Sugar	— 30 tolas
3.	Shangkam ver churnam	Of each 12 tolas.
4.	Mutpirandi ver churnam	
5.	Kodiveliver pattai churnam	
6.	Amukara ver churnam	
7.	Shengkottai purified	
8.	Wheat flour	— $\frac{1}{4}$ Madras measure.
9.	Cow's ghee	— $\frac{1}{4}$,, or $\frac{1}{2}$ Litre.

Method of Preparation:

Purified Shengkottai are put in ghee and boiled. When they explode and float in ghee it is removed from the fire and the ghee is decanted. Next the ghee is put in another vessel the churnams, flour and white sugar are mixed in the ghee just like Rasayanam or Lehiyam.

Dose: $\frac{1}{2}$ tola B. D.

Uses: Meganeer 20, Sec. Syphilis, Soolai Noi, Kuttam, Joint diseases, (Mudakku noi), Vranam, Sinuses and Chorea etc. are cured.

27. NADAI KAYAM

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1.	Perungkayam fried churnam	Of each $\frac{1}{2}$ palam churnam or $1\frac{1}{2}$ tolas.
2.	Lavangam ,,	
3.	Valmilaku ,,	
4.	Chittaraththai ,,	
5.	Jathikottam ,,	

6	Athimathuram	churnam	Of each ½ palam churnam or 1½ tolas.
7.	Lavangappattai	,,	
8.	Lavangappathiri	,,	
9.	Chukku	,,	
10.	Milaku	,,	
11.	Thippili	,,	
12.	Thippilimoolam	,,	
13.	Elakoiarisi fried	,,	
14.	Chevviyam	,,	
15.	Chiruthekku	,,	
16.	Jadamanjil	,,	
17.	Vayuvidangam	,,	
18.	Karunjeerakam	,,	
19.	Shombu	,,	
20.	Shathakuppi fried	,,	
21.	Thalisapathiri	,,	
22.	Parangippattai	,,	
23.	Omum fried	,,	
24.	Kurosani Omum fried	,,	
25.	Jathikoi	,,	
26.	Jeerakam fried	,,	
27.	Athividayam	,,	
28.	Akkarakaram	,,	
29	Pinjikadukkoi fried	,,	
30.	Dhania fried	,,	
31.	Panaivellam	—	20 palams or 60 tolas
32.	Ashka sugar	—	10 palams or 30 tolas
33.	Cow's ghee	—	½ to ¾ lb.
34.	Best Honey	—	½ lb.

All the churnams Nos. 1 to 30 are mixed together. Palm-jaggery and Ashka sugar are dissolved in a little of water and boiled into syrup. When it is of proper syrup consistency, the churnams are added little by little, kindled well, ghee is then added, kindled again, chattey removed form the fire and when cooled the honey is added and mixed well. It is then preserved in a suitable glass jar.

Dose: ½ tola may be given morning and evening for women after child birth and for others also.

Uses: This lehiyam gives a healthy and normal puerperium. When this is continued for about 45 days or more after child birth it improves digestion, stinulates the liver, bowels become regular, apetite becomes normal and thus improves the general health not only in Delivered women but also in all other patients. This is a boon to confined women.

28. NELLIKOI JUICE POWDER LEHIYAM OR
Gunma Lehiyam No. 4

1.	Nellikoi juice powder	— 12 lbs.
2.	Ashka Sugar or Nattu Sharukarai	— 7 kg.
3.	Chukku	Of each 12 tolas.
4.	Milaku	
5.	Thippili	
6.	Thippilimulam	
7.	Omum	
8.	Jeerakam	
9.	Lavangam	
10.	Elarisi	
11.	Thakkolam	
12.	Kothamallee	
13.	Kugaineer	
14.	Athimathuram	
15.	Vayuvidangam	
16.	Cow's ghee or butter	— 1 kg.
17.	Honey	— $\frac{1}{2}$ litre.

Prepared as per rules (Vide Nellikoi Lehiyam).

Dose : $\frac{1}{2}$ to 1 tola B. D.

Uses : Uses are the same as that of Gunma Lehiyam No. 3.

29. OMUM LEHIYAM No. 1 (Special)

Omum (ஓமம்) 10 palams (நன்றாய் முறத்தில் போட்டுத் தேய்த்து உமி போக்கித் தேர்ந்தெடுக்கவும்) to be selected best sort of Omum after crushing with the hands in a muram, removed the husk and then weighed 10 palams or 30 tolas.

This is kept soaked for a day in pure and fresh **Poduthalai juice** about lbs 2. Next day onwards this Omum with the juice is kept exposed in the sun to be completely dried.

Thereafter this Omum is again kept immersed in pure and fresh **Velipparuththi leaves juice** lbs – 2 for a day. Next day onwards it is kept in the sun to be completely dried.

It is then placed in a muram, crushed with the hand, removed its outer covering (மேல் தோல் or உமி போக்கி) and then ground in a grinding stone or pounded into fine powder in a stone martar.

Next **Panaivellam** 10 palams or 30 tolas and **white sugar** 10 palams or 30 tolas are made into a syrup on the fire, the above Omum-pavanai powder is added to it, kindled well, **cow's ghee** lb-1 is added and mixed well. Removed from the fire and on being cooled **Honey** lb-½ is added and preserved in a bottle.

Dose: ¼ to ½ tola twice a day may be given.

Uses: All sorts of Diarrhoea, Grahani, Indigestion, and Flatulance are cured. This may be advantageously given with Iya chenduram or Linga kattu chenduram in all Gastro intestinal disorders.

30. OMUM LEHIYAM No. 2 (Special)

1.	Omum	—	2 Madras measures
2.	Karisalai juice	—	4 Madras measures
3.	Panaivellam powdered	—	2 Madras measures
4.	Gingelly oil	—	2 Madras measures

All these four ingredients are mixed together in a pot or in a suitable glass Jar, covered and the margin sealed with seven layers of clay cloth. This is kept buried in the cowshed under the earth for 46 days and on the 47th day it is taken out, opened, secured and mixed well.

Dose: $\frac{1}{2}$ to 1 tola may be taken morning and evening.

Uses: All the 4448 diseases are said to be remedied as a preventive and curative.

31. PANCHADEEPAGNI LEHIYAM

1.	Chukku churnam	Of each equal parts or 5 ounces each.
2.	Milaku „	
3.	Thippili „	
4.	Elakoi „	
5.	Jeerakam „	
6.	White sugar	— $\frac{1}{2}$ viss.

Note: The above compound churnam may be converted into lehiyam by making a syrup with sugar or sugarcandy or palm jaggery and water and then adding about lb-1 cow's ghee and $\frac{1}{2}$ lb best honey as per rules.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ tola twice a day.

Uses: Same as Panchadeepagni churnam.

32. PEREECHAM LEHIYAM No. 1

1.	Chukku	— $1\frac{1}{2}$	tolas
2.	Milaku	— $1\frac{1}{2}$	„
3.	Thippili	— $1\frac{1}{2}$	„
4.	Elarisi	— 3	„
5.	Jeerakam	— 3	„
6.	Jathikoi	— 3	„
7.	Jathipaththiri	— 3	„
8.	Maratti mokku	— 6	„
9.	Thakkolam	— 6	„
10.	Kadukkoithole	— $1\frac{1}{2}$	„
11.	Thandrikoithole	— $1\frac{1}{2}$	„
12.	Nellivartal	— $1\frac{1}{2}$	„
13.	Valmilaku	— 3	„
14.	Thalisam	— 3	„
15.	Chirunagapoo	— 3	„
16.	Shenbagamokku	— 6	„
17.	Rose mokku	— 6	„

18. Mathanapoo — 6 tolas
19. Poomi sharkarai — 6 ,,
20. Nilapanai kilangu — 6 ,,
21. Poonaikali vithu — 6 ,,
22. Pethana vithu — 6 ,,
23. Akrot vithu — 6 ,,
24. Murungai vithu — 6 ,,
25. Saraparuppu — 12 ,,
26. Munthiri paruppu — 30 ,,
27. Vadham paruppu — 18 ,,
28. Vadham pisin — 6 ,,
29. Vilam pisin — 6 ,,
30. Ilavam pisin — 6 ,,
31. Roomimasthaki — 6 ,,
32. Sabedhamisiri — 6 ,,
33. Salamisiri — 6 ,,
34. Kungumapoo — ¾ ,,
35. Pereechampazham — ½ viss
36. Munthiri pazham — ½ viss
37. Kashakasha — 3 tolas
38. Cow's milk — 5 Madras measure
39. Karkandu — 2 viss
40. White sugar — ½ viss
41. Elaneer — 12 Nos.
42. Cow's ghee — 3 lbs
43. Honey — 1½ lbs

Prepared as per rules. **Dose** and **Uses** are the same as that of General Tonic Lehiyam Nos. 1 & 2.

33. PITHTHAVAYU LEHIYAM

1. Chukku churnam
2. Milaku ,,
3. Thippili ,,
4. Jeerakam ,,
5. Kothamallee ,,
6. Elakoi arisi ,,

} Of each 10 ounces.

7. Cheena karkandu — 2 viss nicely powdered.
8. Lime fruit juice — 25 big size or small size 50 Nos.
9. Tender coconuts — 4 Nos.
10. Cow's ghee — ½ Madras measures
11. Honey — 1½ lbs.

Mode of Preparation:

Item Nos. 8 and 9 are mixed together, karkandu is dissolved in it, boiled into a syrup consistency, added the churnam Nos. 1 to 6 kindled well, cow's ghee is added, removed from the fire, mixed well, allowed to cool, lastly honey is added and bottled up.

Dose: ¼ to ½ tola may be taken twice a day before food.

Uses: Dyspepsia, Loss of apetite, Vomiting. intestinal colic, Biliousness, hiccup, nausea, Tympanitis and sluggish liver etc. are cured. It is a very good digestent and Anti-vayu and anti-piththa. This is a very good Blood-pressure stablizer.

34. RASTHALIPAZHAM LEHIYAM or Neeralivu Lehiyam

1. Rasthali fruits (ரஸ்தாளிப் பழம்) — 15 Nos.
2. Kashakasha fried and powdered — 15 palams
3. White sugar — 6 palams or 18 tolas
4. Cow's ghee — 12 ounces

These ingredients are mixed together nicely in a mortar until it becomes a waxy consistency or like confection. It is then preserved in a suitable jar.

Dose: ¼ to ½ tola may be taken twice a day with Karuvanga chunnam No. 2, No. 3 or other Diabetic cure medicines.

Uses: All kinds of Meganeer are cured. Copious micturition or polyurea and Grahani are also controlled.

35. SALAMISIRI LEHIYAM No. 1 OR
Multivite Tonic Lehiyam No. 1 or Nervine Lehiyam

1. Salamisiri powder — 4 ounces
2. Murungai pisin „ — 2 „
3. Vadhampisin „ — 2 „

4.	Karuvelampisin powder	—	2	ounces
5.	Vilampisin ,,	—	2	,,
6.	Rose Gulkandu	—	2	lbs
7.	Inji murabha	—	10	ozs.
8.	Pereechampazham	—	2	lbs.
9.	Thirukaduku churnam	—	1	ounce
10.	Elarisi	—	½	oz.
11.	Jeerakam churnam	—	½	oz.
12.	Lavangam ,,	—	½	oz.
13.	Lavangappattai ,,	—	½	oz.
14.	Dextrose powder	—	1	lb.
15.	Elumichu lehiyam	—	3	lbs
16.	Honey	—	1	lb.

Nos, 6, 7, & 8 are pounded nicely in a stone mortar, placed in a kalvam, the other ingredients are added one by one mixed, rubbed together and bottled up.

Dose: ½ to 1 tola B. D.

Uses: It is a very good general and nervine tonic, strengthens the semen and increases one's own sexual vitality. Bowels become regular and digestion gets improved.

36. SALAMISIRI LEHIYAM No. 2
or Multivite Lehiyam No. 2

1.	Salamisiri powder	—	4	ounces
2.	Murungai pisin churnam	—	2	"
3.	Vadhampisin	—	2	"
4.	Karnvelampisin	—	2	"
5.	Vilampisin churnam	—	2	"
6.	Elavampisin churnam	—	2	"
7.	Rose Gulkandu	—	lb 2¼	or 1 kg.
8.	Inji murabha	—	10	ounces
9.	Pereechampazham	—	lb 2¼	or 1 kg.
10.	Thirikadugu churnam	—	1	ounce
11.	Elarisi churnam	—	½	"
12.	Jeerakam churnam	—	½	"
13.	Lavangam churnam	—	½	"
14.	Dextrose powder	—	1	lb.
15.	Lavangappattai churnam	—	½	oz.

16.	Angoor Drakshai	—	½	kg.
17.	Elumichampazham (for juice)	—	25	Nos.
18.	Cheena karkandu	—	¾	kg.
19.	Honey	—	1	lb.
20.	Dhadhubushti churnam	—	2½	ozs.
21.	Tender coconuts	—	4	Nos.
22.	Cow's ghee	—	½	lb.
23.	Badhamparuppu	—	1	lb.

Kept soaked in hot water for one hour, then outer skin peeled off, dried powdered and then added. Nos. 7, 8, 9 and 16 are pounded nicely in a stone mortar. Syrup is prepared out of Nos. 17, 21, and 18 and then Nos. 1 to 6 and 10 to 15 are mixed together, stirred well and ghee is added. After it is cooled Honey is added and bottled up.

Dose and Uses are the same as that of Multivite Lehiyam No. 1.

37. PUNJAB SALAMISIRI LEHIYAM OR Nervine Tonic Lehiyam or Multivite Lehiyam No. 3

1.	Salamisiri	—	8	ounces
2.	Murungai Pisin	—	3	"
3.	Vadham Pisin	—	3	"
4.	Karuvelam Pisin	—	3	"
5.	Vilam Pisin	—	3	"
6.	Elavam Pisin	—	3	"
7.	Chukku	—	½	"
8.	Milaku	—	½	ounce
9.	Thippili	—	½	"
10.	Elarisi	—	1	"
11.	Jeerakam	—	1	"
12.	Lavangam	—	1	"
13.	Dadhubushti churnam	—	4	ounces
14.	Lavangappattai churnam	—	½	oz.
15.	Jathikoi churnam	—	½	"
16.	Jathi paththiri churnam	—	½	"
17.	Lime Fruits (for juice)	—	25	Nos.
18.	Ilaneer	—	4	Nos.
19.	Cheenakarkandu	—	2	kg.

20. Cow's ghee — ½ kg.
21. Honey — ½ kg.
22. Dextrose — 1 lb.
23. Pereechampazham — 1 kg.
24. Angoor Drakshai — ½ kg.
25. Badhamparuppu — ½ lb.

Prepared as per rules. Refer to Multivite Lehiyam No. 1 for Mode of preparation dose and uses.

38. NELLIKOI LEHIYAM or Gunma Lehiyam No. 4 (Siddha)

1. Nellikoi green and fresh - 12 Madras measures
2. Cow's ghee - 1 to 1½ lb.
3. Gingelly oil 1 lb (if necessary may be added to ghee) for frying the Nellikoi after being boiled and butter like consistency of the fleshy portion of Nellikoi is secured, through sieves free from nuts and fibres.
4. Ashka sugar — 6 viss
5. Chukku
6. Milaku
7. Thippili
8. Thippilimulam
9. Omum
10. Jeerakam
11. Lavangam
12. Elakoi arisi
13. Thakkolam
14. Kothamallee
15. Kugaineer
16. Athimathuram
17. Vayuvidangam

} Of each 6 tolas churnam.

18. Again cow's ghee 1 lb. for being used when the lehiyam is being kindled.
19. Honey — 2 to 3 lbs.

Method of Preparation:

No. 1 Nellikoi is well boiled in about 30 Madras measures of water until the decoction is reduced to 1/8th part and the Nellikoi is well boiled filtered, the inner seeds and fibres are removed, crushed well. Strained through sieves into fine butter like consistency and then this is fried carefully in a bronze uruli or other frying pan with cow's ghee and gingelly oil mentioned under Nos. 2 & 3 till moisture is gone.

The decoction in the boiling pot may be used for preparing syrup (paku) for lehiyam with Ashka sugar No. 4. When paku is made ready, the churnams Nos. 5 to 17 and the Nellikoi pavanai are added and kindled vigoursly until the whole content is uniformly well mixed. Next ghee No. 18 is added, kindled well and removed from the fire. On being cooled, honey is added and mixed well. Preserved in a suitable jar.

Dose: ½ to 1 tola twice a day.

Uses: All gastric and intestinal diseases are well responded to Vayu, Gunmam, flatulance, grahani, meganoi, Aththi jwaram, inflammation of the alimentary canal from mouth to anus (உள் அழலை) kasam, swasam, kshayam, eraippu and burning of the body etc. are satisfactorily relieved. Very useful in gastiritis and all other gastric complaints. This is worth trying in Peptic and Duodenal ulcers and Appendicitis for 40 days with Sangu baspam No. 4. Silajathu parpam No. 1 and Annabedhi Chenduram No. 1.

Note: At times, Nellikoi boiled fleshy butter like consistency need not be fried with ghee and oil if it is more of semisolid consistency. It is simply heated in fire often kindling until the moisture is more than half dried, syrup is then made with sugar and decoction, added to the Nellikoi in the lehiyam chattey or uruli on fire, kindled well, churnams are added mixed well, ghee is then added, mixed again and on being cooled honey is added. All are well mixed and preserved in glass jar.

39. SWEET LAXATIVE No. 2

1.	Vayuvidangam churnam	— 4	ozs.
2.	Nelli vatral churnam	— 4	,,
3.	Kadukkoi thole churnam	— 4	,,
4.	Sivathaiver (black churnam)	— 12	,,
5.	Karumbu vellam	— 3	lbs.
6.	Angoor Drakshai	— 1	lb.
7.	Pereechampazham	— 1	lb.
8.	Rose Gulkandu	— 4½	lbs.

All these ingredients are to be well mixed into a lehiyam consistency and bottled up.

Dose: ½ to 1 tola to be taken at bed time followed by milk.

Uses: This is a very nice and palatable laxative to be taken at bed-time or in the morning or both hours for Habitual constipation. This is very effective and useful in relieving Habitual constipation.

40. SURAT NILAVARAI LEHIYAM OR
Malapokki Lehiyam

1.	Surat Nilavarai fine churnam	— 5	ounces
2.	Karum Sivathaiver fine ,,	— 5	,,
3.	Neermulliviththu fine ,,	— 2½	,,
4.	Jeerakam fine ,,	— ½	ounce

5.	Elarisi fine churnam	—	½ ounce
6.	Palm Jaggery	—	1 kg.
7.	Cow's ghee	—	4 ounces or 1/8 Litre
8.	Drakshai	—	½ lb.
9.	Pereechampazham	—	½ to 1 lb.
10.	Rose Gulkanthu	—	1 lb.

Method of Preparations:

Make a Syrup or Paku of Palm-Jaggery with about 8 ounces of water. Add the churnams and the fruits including Gulkanthu well pounded. These are mixed well and stirred well. When Lehiyam consistency is noticed, add ghee little by little, remove the vessel out of the fire, stir well, allow it to cool itself and bottle it up. The Lehiyam will not stick to the fingers. No honey is required.

Dose: About ½ to one tola to be given at bed time followed by hot water or milk. 1, 2 or 3 free motions will be produced early morning.

Uses: Habitual constipation, Excessive heat (Moola-Choodu), Seminal emission during sleep and during defaecation, Vadhakudaichal, Manthagni, Dadhu nattam, Pitha and Kapha diseases and Giddiness etc., are relieved. Drinking of hot water will increase the motions. Coffee, Tea and butter milk will stop the motions. Thus the Lehiyam is good for people of sedantary habits.

41. SHENGKOTTAI LEHIYAM

1.	Purified Shengkottai finely pounded	—	10 tolas
2.	Chitharathai churnam	—	10 „

3.	Lavangappattai	churnam	— 10 tolas
4.	Kadukkoithole	„	— 10 „
5.	Jadamanjil	„	— 10 „
6.	Thandrikoithole	„	— 15 „
7.	Nellivatral	„	— 15 „
8.	Parangippattai	„	— 15 „
9.	Lavangam	„	Of each 3 tolas.
10.	Lavangappathiri	„	
11.	Omum	„	
12.	Elakkoi	„	
13.	Kadugurohani	„	
14.	Karpokiarisi	„	
15.	Chitramulaverppattai	„	
16.	Kothamallivirai	„	
17.	Jathikkoi	„	
18.	Karunjeerakam	„	
19.	Chevvyam	„	
20.	Thippilimulam	„	
21.	Arisithippili	„	
22.	Nilappanai kilangu	„	
23.	Milaku	„	
24.	Valuluvai arisi	„	
25.	Vayu vidangam	„	
26.	Vetpalaiarisi	„	
27.	Sivanarvembu ver	„	
28.	Seemai Amukara ver	„	
29.	Gorojanam		— ¼ to 1 tola
30.	Kungumapoo		— ¼ to 1 tola
31.	Panai vellam		— 1½ viss or 4½ lbs.
32.	Honey		— 2½ lbs.
33.	Cow's ghee		— 4 lbs.
34.	Cow's milk		— 8 pints.

Nos. 1 to 28 should be made into fine powders, weighed, and mixed together. Palm jaggery is to be dissolved in cow's milk, boiled and made into proper syrup or paku. Then the compound powders are added, the lehiyam is removed from the fire, items No. 29 and 30 made into fine powders are added and mixed well. Finally after it is cooled, honey is added mixed together nicely and bottled up.

Dose : Chundakoi size or 15 to 30 grains may be given morning and evening for $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or one mandalam of 40 to 45 days with a break of one week for every week administration of this medicine. For oil-bath omit gingelly oil and use Castor oil or Cow's ghee or Panchakalpam snanam

Uses : Leprosy, Cancer, other worst skin diseases, Vranams, carbuncles, buboes, Glandular swellings including kandamalai, syphilis, soolainoi, Meganoi, Gunmam, Megappadai, Ringworm, Eczema, Allergic dermatitis, joint affections and all chronic diseases including nervous disabilities (Vadhanoi, paralysis and Hemiplegia etc.) are cured.

Diet : Easily digestible nourishments may be used Particularly fried salt, lime juice, curd, butter milk, milk, ghee, dhall, green-gram, Araikeerai, mulaikeerai, ponnanganni, milakuthakkali keerai and other green vegetables may be taken. Fish should be avoided.

Purifications of Shengkottai :

Cut and remove the nose of the Shengkottai (செங்கொட்டை மூக்கை வெட்டி) make a bundle of the same in a piece of cloth, boil the same in a solution of cowdung or buffalo dung dissolved in its urine or water by means of Dholayanthram under steam both or the bundle itself may be put into the solution and boiled until the solution is almost dried. Then the same Shengkottai is taken out, washed thoroughly well, dried kept soaked in lime juice and red Ilaneer water (செவ்விள நீர்) each for 3 days and then dried. This kind of purification of Shengkottai is quite enough for medicinal preparations.

42. THENGKOI LEHIYAM No. 1 OR Purgative Kriminasani Lehiyam or Tape worm Lehiyam

(a)	1.	Pura baspam or Pura kattu baspam or purified Rasakarpuram	2 p.w.
	2.	Rasa baspam or Rasa pathangam or purified patharasam	2 ,,
	3.	Swarnalinga chenduram or linga kattu chenduram or Jathilingam purified	2 ,,
	4.	Ghendaka baspam or highly purified Ghendakam	2 ,,
(b)	5.	Purified Neervalam	10 ,,
(c)	6.	Chukku churnam	2 ,,
	7.	Thippili churnam	2 ,,
	8.	Thippili mulam churnam	2 ,,
	9.	Chithramulam churnam	2 ,,
	10.	Janni nayakam churnam	2 ,,
	11.	Parangippattai churnam	2 ,,
	12.	Sivathaiver churnam (black type)	2 ,,
	13.	Perungkayam churnam	2 ,,
(d)	14.	Kodikkallipaul about	4 to 8 ozs.
(e)	15.	Palm jaggery - ½ viss or equal to the weight of all the above drugs and the coconut kernals after putam.	
(f)	16.	Ripe coconuts (முற்றின தேங்காய்)	2 Nos.

Mode of Preparation:

Drugs mentioned under groups No. (a) (b) and (c) are nicely powdered, mixed together, inserted into (f) Ripe coconuts 2 after emptying their water contents through one of their eyes, Kodikkallipaul under (d) is poured into the coconuts mouth closed tightly with a suitable cork, kavacham is made with fresh paste of cowdung or buffalodung for about 1 inch thick to the coconuts, well dried in the sun and submitted to (laghu putam with about 40 to 50 Vratties for each coconut kavacham separate in a pit in an airtight compartment. As soon as the outer shell of the coconuts is burnt or when medicinal smell and smoke are observed out of the burning coconut kavacham, then immediately the kavacham are removed from the fire and allowed to cool. Thereafter the burntup outer kavacham and the shell are removed, the coconut kernal with the inside medicine is carefully collected, weighed, palm jaggery equal to this weight or about ½ viss is added to it, pounded nicely in a stone mortar, again rubbed or ground nicely in a kalvam or stone grinder until the medicine becomes lehiyam or waxy consistency, weighed and preserved in a suitable glass jar.

Dose: About 5 to 15 grains or about a chundaikoi size may be given only once in the morning enclosed in plantain fruit or sugar or in empty gelatin capsules. This may be repeated if necessary for three days. In children the dose is reduced.

Note: If motions are excessive, butter milk and boiled rice may be given or **Vasambu burnt up char or ash** 2 pinches may be mixed with honey and licked up to stop motions.

Uses: All kinds of intestinal worms, Mahodaram, ascites, cirrhosis of the liver, spleen enlargements, pandu, sobai, kamalai and gunmam are relieved. **Tape worms** are particularly cured. This is a purgative medicine also.

43. THIPPILI RASAYANAM (Texual)

1. Thippili — 1 part or 150 grams
2. Milaku — ½ part or 75 ,,
3. Chukku — ½ part or 75 ,,

4. Karunjeerakam
5. Jeerakam
6. Omum
7. Kurosani Omum
8. Chittaraththai
9. Perarathai
10. Lavangappattai

Of each 1/10th part or 15 grams each churnam.

11. Thiriphalai 45 grams (or Kadukoi, Thandri & Nellivatral churnam each 15 grams)

12. Lavangam
13. Lavangapathiri
14. Thalisapathiri
15. Kodiveliver pattai
16. Elarisi

Of each 1/10th part or 15 grams each.

17. Cheena karkandu or White sugar $3\frac{1}{2}$ parts or 525 grams or equal to the weight of all the above churnams is taken. The above first 16 ingredients are taken as nice powders, mixed well, karkandu is also powdered and added sufficient honey or about lb 2 is added, stirred well into a lehiyam consistency and bottled up.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ tola twice a day either alone or with copper chenduram may be given. For children in small doses it may be given.

Uses: All lung troubles are relieved particularly Bronchitis, Bronchial asthma and whooping cough.

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The Pharmacopoeia of Siddha Research Medicines

CHAPTER-10

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CHAPTER - 10

MATHIRAI (PILLS)

1. ASHTA BHAIRAVAM PILLS No. 1

1. Patharasam (Purified)
2. Ghendakam ,,
3. Veeram ,,
4. Rasakarpuram ,,
5. Jathilingam ,,

Of each equal part or one palam or 3 tolas each.

These five drugs are purified, powdered individually, weighed, mixed in a kalvam as per rules, rubbed well with **Shankadravakam or Shotrukatralai juice** for 12 hours, allowed to dry with the kalvam, powdered again, put in an already provided kasikuppi, to its half capacity and subjected to Kuppi-erippu (burning) in Valukam (Manal-Maraivu) for three days from 6 A.M. to 6 P.M. by the usual graded heat of Deepagni and Kamalagni on the first days, Kamalagni and Kadagni on the second day and full Kadagni on the third day. During nights no buring is applied. On being cooled, the kuppi is break-opened and the sublimed fine chenduram is secured, weighed and powdered. The mouth of the Kuppi should be covered with a palappakal or makkal or an odu and seven layers of clay cloth should be provided before being kept in the Valukam. Similarly the valukam chattey should also be covered with another chattey and clay cloth applied to the margin. This should be done before erippu is commenced as mentioned under **Anandha Bhairavam No. 1 or Kalameka Narayana Chenduram.**

Granting the final chenduram weighs 5 tolas, the following further ingredients are weighed and added each 1 tola to the above chenduram.

1 Purified Karunabi	Of each 1/5th part of the weight of the chenduram in fine powder or one tola each in this case is taken.
2. Thirikadugu (Sukku. Milaku, and Thippili each Separate)	
3. Jathikoi	
4. Jathipathiri	
5. Lavangam	

6. Purified Neervalam: Half of the total weight of the chenduram and the other seven churnams or 6 tolas.

The above chenduram, churnams and Neervalam are mixed together in order of preferance as per rules in a kalvam and rubbed well with the under mentioned fluids for the period stated against each :-

1. With Lime fruit juice - for six hours
2. With Breast milk - for six hours
3. With Poduthalai juice - for three hours
4. With Yellow Karisalai juice - for three hours
5. With Navarpattai juice - for three hours.

N. B: After rubbing in each fluid, it should be allowed to dry with the kalvam in the shade and then the next juice is used for rubbing. When proper consistency is obtained after finising rubbing in all the above fluids, pills are made of the size of a pepper or apout 2 grs. each, dried in the shade and bottled up.

Dose: One to two pills according to the age and toleration of the patient may be given with hot water or other suitable anupanam only once in a day in the morning.

Indication:

This is a good **purgative.** When it is given with breast milk all varieties of fever with constipation are cured (2) When given with honey, Janni or complicated doshas are relieved. In Lavanga Kudineer Kati-Vishams are cured.

Antidote:

If motions are excessive, burnt up-char of Vacha or Vasambu about a pinch or two well mixed with honey may be licked up; or Jeerakam about 2 tolas fried gently with a little honey until it becomes red, water one pound is poured, boiled reduced to $\frac{1}{4}$th part, strained and administered about 2 to 4 ounces of this decoction; or if there is no fever, butter milk may be given to control the motions.

N. B: If Neervalam is properly purified and the dose of the pill is properly prescribed, no adverse effect would arise. Motions will be very few and no vomiting.

2. ASHTA BHAIRAVAM No. 2

1. Patharasa parpam or purified Patharasam — 4 drams
2. Purified Ghendakam 4 drams or (Swarna valairasa chenduram 8 drams in place of Rasam and Ghendi.)
3. Veera parpam or purified veeram — 4 drams in place of Nos. 1 and 2.
4. Rasakarpura parpam or purified Rasakarpuram — 4 drams
5. Jathilingakattu chenduram — 4 drams
6. Purified Karunabi — 4 drams
7. Thirikadugu churnam (Sukku, Milaku, Thippili churnams each 4 drams separate.)
8. Jathikoi churnam — 4 drams
9. Jathippathiri churnam — 4 „
10. Lavangam churnam — 4 „
11. Purified Neervalam — 24 „

The above ingredients are put in a kalvam in order of frequency as per rules, mixed well and rubbed with Various fulids mentioned under Ashta Bhairavam No. 1 for the period stated against each. The size of the pills, dose, Antidote, Anupanam and diseases curad are the same as mentioned under Ashta Bhairavam No 1 above.

3. BALA SANJEEVI or VALAI SANJEEVI MATHIRAI No. 1 (Page 31–Agastiar Paripurnam 400-with our Modification)

1. Chukku
2. Milaku
3. Thippili
4. Jathilingakattu chenduram
5. Omum churnam
6. Venkaram (fried)
7. Lavangam churnam

Of each equal parts.

These seven ingredients are placed in a kalvam, mixed and rubbed with lime fruits juice for about 3 to 4 jamams (or 9 to 12 hours) and made into pills of **uzhunthu size** or about one grain each. These are dried in the shade and bottled up.

Dose: 1 to 2 pills according to the age of the children and even for adults may be given twice a day with suitable anupanams.

Indications:

In Jwaram it may be given in Thulasi juice or pittaviyal swarasam. In janni it may be given with Breast milk for children. In cases of severe Nasal catarrh (cold and heaviness of the head) both in children and adults this pill may be given enclosed in beetle leaf or its juice morning and evening in proper dose for about 3 days with very good effect.

4. BALA SANJEEVI MATHIRAI No. 2

1. Chukku churnam
2. Milaku ,,
3. Thippili ,,
4. Venkaram (fried)
5. Jathilinga kattu chenduram

Of each equal parts.

These five ingredients are placed in a kalvam, mixed, rubbed with Lime fruits juice for about three hours and made into pills of about ½ of the size of a greengram (in about ½ grain each). These are dried in the shade and bottled up.

Dose: 1 to 2 pills morning and evening may be given in children with suitable anupanams.

Indications:

(1) In cases of Manthagni, Jwaram, Diarrhoea, Pitham, Cough and vomiting this pill may be given with Masipathiri pittaviyal swarasam $\frac{1}{2}$ ounce or masipathiri plain swarasam plus Thirikadugu churnam about a pinch for a dose. (2) In cases of jwaram, cough, ushnam and coated tongue it may be given with the same Masipathiri pittaviyal swarasam $\frac{1}{2}$ ounce plus 2 grains of Gorojanam powder twice a day. (3) In cases of bleeding piles and rectal prolapse this pill may be given in cobination with jathikoi, puliankottai thole (outer cover of the Tamarind seeds), Chukku churnam $\overline{\text{aa}}$ 2 grains well mixed and enclosed in Vilvapazham flesh of about 5 to 10 grains twice a day. (4) In cases of swasam, jwaram, kanam (ushnam) etc., pittaviyal swarasam of Thulasi, semmulli, Adathodai, Thuthuvelai, Vishnukaranthi, Kandagkathiri Vethupadakki, peipudal, Mutsangu, Nochi as leaves in equal parts $\frac{1}{2}$ ounce of this pittaviyal swarasam may be used as anupanam for this pill for the cure of these ailments. This anupanam may also be used for diseases mentioned under 1 & 2 above in place of masipathiri pittaviyal.

5. B. C. LIVER CURE PILLS OR BILIARY CIRRHOSIS OF THE LIVER CURE PILLS No. 1 or Jaundice Cure Pills No. 1

1. Jeevalokha Chenduram — 1 part or 6 tolas
2. P. S. M. M. Baspam — $\frac{1}{2}$,, ,, 3 ,,
3. Vediannabedhi chenduram — $\frac{1}{2}$,, ,, 3 ,,
4. Rasa chenduram No. 1 or Rasa ghendi thalaka chenduram — 1/6th part or 1 ,,
5. Ascities cure churnam No. 3 — 1 part or 6 tolas

All these five ingredients are mixed together in a kalvam, rubbed with Potrilaikaiyan leaves juice or lime fruit juice or with both alternately for 2 or 3 days, rounded into pills of 5 grains each, dried in the shade and bottled up.

Dose: One to two pills to be taken with lime fruit juice and honey or Inji juice and honey or with cow's milk. For children the dose shall be propertionate to their age.

Uses: Infective Hepatitis, Biliary cirrhosis of the liver, spleen enlargements, jaundice, pandu, sobai, peruvaiyru and other liver and gall bladder diseases including Gall bladder stones are very well responded to.

Diet: Salt free and easily digestible liquid diet may be allowed. Ofcourse according to the nature of the diseases the diet may be prescribed.

6. B. C. LIVER CURE PILLS No. 2 (or Kamalai Undai)

1. Kantha chenduram
2. Iya chenduram
3. Milaku fried churnam
4. Manduram chenduram
5. Potrilaikaiyan dried fine churnam or Pavanai churnam

} Of each equal parts or 4 oz. each.

To be mixed in a kalvam, rubbed with manjal karisalai juice for 2 or 3 days, made into pills of small chundakoi size or 5 grains each.

Dose: 1 to 2 pills may be given twice a day with Inji juice and honey or with water.

Uses: Kamalai, Pandu, Sobai, Liver and spleen enlargements, Mahodaram, Biliary cirrhosis of the liver etc., are cured. Even worst type of jaundice is cured in 12 days, For children the dose may be reduced according to their age.

Diet: Buttermilk and rice may be allowed. Salt and fat may be prohibited till jaundice is cured. After 12 days Mukkuttu ennai (tri-oil-mixture) may be used for oil bath on alternate days or keezhkoi nelli thailam or karisalai thailam or kaiyan nellikoi thailam may be used for both.

7. B. C. LIVER CURE PILLS No. 3 or JAUNDICE CURE PILL or Biliary Cirrhosis of the Liver Cure Pills No. 3 (Special)

1. Jeevalokha Chenduram — 1 part or 20 tolas
2. P. S. M. M. or P. S. Baspam — ½ " " 10 "
3. Vedi Annabedhi Chenduram— ¼ " " 5 "
4. Ascites cure Churnam No. 3 — 1 " " 20 "
5. Rasa Chenduram No. 1 or 3 — ¼ " " 5 "
6. Palakarai Baspam — 1/5 " " 4 "
7. Sangu Baspam — 1/5 " " 4 "

Rubbed well with Potrilaikaiyan leaves juice and (2) Lime fruit juice for 2 days in each, rounded into pills of 2 grains size each.

Dose and Uses are the same as that of No. 1 B. C. Liver cure pills.

8. BRONCHIAL ASTHMA PILLS (Special)

1. Purified Thalakam or Thalaka baspam or chenduram or chunnam ½ - tola or in place of these two ingredients use Rasa chenduram No. 3-1 tola this is preferable.
2. Rasa baspam — ½ tola
3. Ghendaka baspam No. 1 or Highly purified ghendakam — ½ "
4. Naga chunnam No. 1 — ½ "
5. Manoshilai kattu chenduram or purified manoshilai — ½ "
6. Vengkaram fried — 1 "
7. Navakshra baspam or Nattu navaksharam — 2 tolas
8. P. S. M. M. Baspam No. 3 — 14 "
9. Kasthuri chenduram — 2 "
10. Dhanvantra gutika powdered — 2 "
11. Pachai karpuram — ½ tola
12. Menthol — ¼ "
13. Thymol — ¼ "
14. Vennabi purified churnam — ½ "
15. Karuoomaththam Virai - purified churnam (black datura seeds) — 2 tolas
16. Vellai perungkayam — ¼ tola

17.	Black pepper (Milaku churnam)	— 4 tolas
18.	Thippili churnam	— 4 „

All the above ingredients are mixed together as per rules in a kalvam, rubbed with (Inji juice for one or two days allowed to dry with the kalvam, then rubbed, with (2) Vellai erukku flowers juice for another 1 or 2 days, allowed to dry with the kalvam and next rubbed with (3) Karuoomatham leaves juice for another 1 or 2 days when the medicine is of waxy consistency, pills of 3 grains size each are rounded. These pills are dried in the shade and preserved in a suitable stoppered bottle.

Dose: 1 to 2 pills according to the age, toleration and severity of the attack may be given twice or thrice a day with water or with dilutted cough syrup or with 2 to 4 teaspoonful of Kanakasavam diluted with equal part of water. The pill may be powdered and given with honey also and it that case, plenty of buttermilk should be taken.

Uses: This is particularly used in Bronchial and Cardiac asthma, kasam, swasam, Kashyam and Thamaraka vayu etc., are relieved promptly.

Diet: Plenty of buttermilk is to be given when this pill is administered.

Purification of Vatsanabhi:

White Nabhi should be kept immersed in cow's urine or goat's urine for 3 days, then washed with hot water, dried and powdered.

9. CHANDRODHAYA MATHIRAI
(Kuthambai Siddhar Process-Modified)

1.	Rasakarpura parpam	Of each 1 part or 2 tolas.
2.	Pachaikarpuram	
3.	Lavanga churnam	
4.	Lavangappattai churnam	
5.	Jathikoshtam churnam	

6. Jathilingakattu chenduram — $\frac{1}{2}$ part or 1 tola.
7. Kungumapoo (finely powdered) — 4 parts or 8 tolas

These seven ingredients are mixed in a kalvam as per rules and rubbed with the following decoctions.

1. Chandanakattai pounded — 20 parts 40 tolas
2. Lavangam
3. Muththakasu (Koraikizhangu)
4. Jadamanjil
5. Chirunagapoo

} Of each 1 part or 2 tolas.

These five ingredients are pounded, placed in a chattey, water added two Madras measures, boiled, reduced to 1/8th part and decanted. This decoction is used for purpose of rubbing the compound of the above seven ingredients for two days and when proper consistency is attained, pills are rounded of about the size of a kundrimoni each. These are dried in the shade and bottled up. Rubbing must be very brisk and strong until the consistency becomes waxy.

Dose: One pill may be given twice a day with suitable anupanam preferably with Thirikadugu churnam and honey or with Thulasi swarasam.

Indications:

Jwaram, giddiness, chirobaram, kapalasoolai, vadha piththa diseases, severe cold and other seethalanoi are cured.

N. B: This pill is much better than Santha chandrodhayam.

10. CHILDREN'S KATTUVATHI MATHIRAI (Special)

1. Kapada churnam — 1 part or 2 oz.
2. Vashambu churnam compound — 1 ,, ,, 2 ,,
3. Amaiodu baspam — $\frac{1}{4}$,, ,, $\frac{1}{2}$,,
4. Naga baspam — 1/8th or $\frac{1}{4}$ or $\frac{1}{2}$ oz.

Mixed well and rubbed in a kalvam with omum decoction, (ie. Omum 60 grams, water lbs 8, boiled and reduced to $\frac{1}{4}$th part and decanted) rubbed for 6 hours, rounded into pills of pepper size, dried in the shade and bottled up.

Dose: 1 to 2 pills to be given two or three times a day with suitable anupanams.

Uses: Diarrhoea of all kinds in children are cured.

N. B: The above 4 powders may be mixed together and used as a compound powder also.

Dose: Of the Compound powder 1 to 3 pinches with honey.

11. GENERAL TONIC PILLS No. 1

1.	Purna Chandrodhayam Chenduram	—	25	grams
2.	Pearls Parpam (Pearls round used)	—	25	"
3.	Muppu Cum Andaodu Abreka Chenduram	—	50	"
4.	Thiruvanga Chunnam	—	50	"
5.	K.A.R. Chenduram	—	50	"
6.	Dhadhubushti Churnam	—	100	"
7.	Murungaipisin	—	50	"
8.	Vadhampisin	—	50	"
9.	Elavampisin	—	50	"
10.	Karuvelampisin	—	50	"
11.	Vilampisin	—	50	"
12.	Salamisiri	—	50	"
13.	Ascorbic Acid	—	25	"

All the above ingredients are mixed well, rubbed with Rose water 34 ounces or Lavangam decoction, made into pills of Kundri size, dried in the shade and bottled up.

Dose, Anupanam and Uses are the same as that of General Tonic Pills No. 3 particulary for Diabetics.

12. GENERAL TONIC PILLS No. 2

1. General Tonic Chenduram No.2 — 18 tolas
2. Salamisiri Powder — 4 ,,
3. Vadham pisin — 4 ,,
4. Murungai pisin — 4 ,,
5. Karuvelam pisin — 4 ,,
6. Vilam pisin — 4 ,,
7. Elavam pisin — 4 ,,
8. Muthu Baspam — 1 tola
9. Purna Chandrodhayam — 2 tolas

Rubbed with Thiriphala and Avarai Panchangam decoction for 2 days and then made into pills of Kundri size each.

Dose & Uses are the same as that of G. T. Pills 1 to 5.

13. GENERAL TONIC PILLS No. 3

1. Valai Rasa Chenduram No. 3 — 25 grams
2. Purna Chandrodhayam — 25 ,,
3. Muppu Cum Andaodu Abreka Chenduram — 50 ,,
4. Thiruvanga chunnam — 50 ,,
5. K. A. R. Chenduram — 50 ,,
6. Murungai pisin — 50 ,,
7. Vadham pisin — 50 ,,
8. Elavam pisin — 50 ,,
9. Karuvelam pisin — 50 ,,
10. Vilam pisin — 50 ,,
11. Salamisiri — 50 ,,
12. Ascorbic Acid — 25 ,,
13. Pearls Baspam — 25 ,,
14. Avarai verppattai extract churnam — 25 ,,
15. Avaram pisin churnam — 50 ,,
16. Avarai flowers churnam — 25 ,,
17. Adutheendapalai extract — 25 ,,

All are mixed in a kalvam as per rules, rubbed with Thiriphala churnam 8 oz. and Lavangam 2 oz. made into pills of kundri size, dried and bottled up.

Dose, Anupanam and Uses are the same as that of G. T. Pills Nos. 3, 4 & 5.

14. GOROJANAI MATHIRAI No. 1

(Otherwise known as Abreka Mathirai)

1. Abreka chenduram
2. Rasa chenduram (preferably Swarna valai rasachenduram is used)
3. Rasakarpura parpam
4. Gorojanam
5. Kungumapoo
6. Pachai karpuram
7. Elakoi arisi churnam
8. Lavangam churnam
9. Jathikoshtam churnam
10. Jathikoi churnam
11. Akkarakaram churnam

Of each equal parts or 3 tolas each.

These eleven drugs are individually powdered, weighed in equal parts, mixed in a kalvam as per rules, rubbed with (1) Vertilai juice (2) Chandanakattai kudineer (3) Shanbagappu kudineer aa for about 9 to 12 hours in each and then pills are rounded about the size of a green-gram or 1 grain each. The pills are dried in the shade and bottled up. After rubbing with the first juice it should be allowed to dry with the kalvam, then rubbed with the second decoction, dried and then rubbed with the third decoction. When proper consistency is reached pills should be rounded, There is no harm in rubbing with Kungumapoo kudineer also in addition for 12 hours.

N. B: In this connection it is said in certain books that karpuram (Nattushudam) is to be used in place of Rasakarpuram and in that case it is also said that kungumapoo kudineer or Lavangam kudineer for rubbing is to be used in place of Vertilai juice. But certain other old works have emphasized Rasakarpuram and Vertilai juice. It is also my experience to use Rasakarpuram and Vertilai juice as mentioned in the above formula.

Dose: 1 to 2 pills according to the age of the patient may be given morning and evening with suitable anupanams.

Indications:

Generally speaking this pill is effective in children diseases especially in fevers of all types, cold (coryza), Mantham, kapha diseases, janni, vatham, and convulsions etc., It is given in these diseases with breast milk. As a special case this pill is given with **Andathailam** for 3 to 5 days twice a day in Infantile convulsions and infantile paralysis it is also given with Mantha-kudineer for 3 to 5 days twice a day in case of mantham (Allu mantham or Neerkanai and Mukku mantham etc.,) in children. It is given with honey in cases of severe colds and Mandaisoolai.

Special Note:

Gorojanai pills 1 to 2 finely powdered plus equal part of Lingha kattu chenduram, P.S. Baspam and Silajathu baspam No. 1 act better when given with honey in all kinds of fevers both in children and in adults, morning and evening for 3 to 5 days.

15. GOROJANAI MATHIRAI No. 2 (Otherwise known as Rasa Parpa Mathirai)

1. Rasa parpam
2. Rasa karpuram
3. Gorojanam
4. Kungumapoo
5. Pachai karpuram
6. Elakoi arisi churnam
7. Lavangam churnam
8. Jathikoshtam churnam
9. Akkarakaram churnam

} Of each in equal parts or 3 tolas each.

These nine ingredients are placed in a kalvam, mixed as per rules, rubbed with (1) Chandanakattai kudineer for 12 hours, allowed to dry with the kalvam and then rubbed with (Vertilai juice for 12 hours.

When pill making consistency is reached, pills are rounded about the size of a black-gram each. The pills are dried in the shade and bottled up.

Dose : 1 to 2 pills according to the age of the children may be given twice a day with suitable anupanams.

Indications :

Diseases and anupanam mentioned under Gorojanai Mathirai No. 1 may be adopted for No. 2 also. Fevers, severe colds, and mantham in children are definitely cured by the use of these pills.

16. GOROJANAI MATHIRAI No. 3 (Special)

1. Gorojanam
2. Kungumapoo
3. Pachai karpuram
4. Jathikoi churnam
5. Lavangam churnam
6. Elakoi arisi churnam
7. Jathi koshtam churnam
8. Akkarakaram churnam
9. Karpuram
10. Swarnavalai rasa chenduram
11. Abreka chenduram

} Of each in equal parts or about 1½ tolas.

All these ingredients are powdered, mixed together in a kalvam, and rubbed with the following juices :

1. Chandanakattai kudineer for 12 hours (ie. white Chandanakattai coarsely powdered one palam is put in a chatty, water lbs 2 is added, boiled and reduced to 1/8th part) This is filtered and the decoction is used for rubbing.

2. Shambagapoo kudineer for 12 hours prepared in the same manner as above and (3) Kungumapoo kudineer for 12 hours prepared by Kungumapoo ½ palam, water lb 1, boiled and reduced to ¼th part. This is filtered and the decoction is used for rubbing. After this kind of rubbing of the above eleven ingredients with the decoctions, it is rounded into pills of kundri size or 2 grains each, dried in the shade and bottled up.

Dose: 1 to 2 pills twice a day may be given with breast milk or other anupanam mentioned below:

Uses: Fever, Chalikattu, Fainting, Delirium, Nasal catarrh, Kapha soolai and bronchial affections are cured.

2) When given with Andathailam, Convulsions and Tetanus are cured.

3) When given with mantham decoctions, Allumantham or mukku mantham is cured. Better to give this pill for 3 to 5 days in serious ailments.

17. GOROJANAI KASTHURI MATHIRAI (Special) or G. K. Mathirai for Children

1.	Gorojanam	—	20	grams
2.	Kungumapoo	—	20	,,
3.	Pachai karpuram	—	20	,,
4.	Kasthuri	—	20	,,
5.	Jathikkoi	—	20	,,
6.	Lavangam	—	20	,,
7.	Elakkoi arisi	—	20	,,
8.	Koshtam	—	20	,,
9.	Akkrakaram	—	20	,,
10.	Karpuram	—	20	,,
11.	Swarnavalai rasa Chenduram	—	20	,,
12.	Abreka baspam or Chenduram	—	20	,,
13.	Ulanthalinga Chenduram	—	20	,,

All these ingredients are powdered in a kalvam, mixed well and rubbed with the following juices or fluids:

1. Chandanakattai kudineer for 12 hours (chandanakattai 5 palams is taken, water added 6 Madras measures boiled and reduced 1/8th part and strained.)
2. Shanbakapoo kudineer for 12 hours.
3. Kungumapoo kudineer for 12 hours.

Decoction Prepared:

Kungumapoo two tolas is taken, added water 4 lbs boiled and reduced to $\frac{1}{4}$th part and strained.

Rubbed well in a kalvam, then rounded into pills of kundri size (2 grains each), dried in the shade, weighed and bottled up.

Dose: 1 to 2 pills or 2 to 4 grains may be given twice a day with breast milk or honey or other suitable anupanams.

Uses: Cold, fever, cough, dyspnoea, indigestion, Hiccup, Vayu, Giddiness, Neerkanai and Headache etc., are cured. In children it is very useful in convulsions when given with Anda thailam.

18. GHENDI-PURA MATHIRAI or Megappadai Nivarani

1. Ghendakam (Special purification) — 4 tolas
2. Rasakarpura Kattu Parpam — 4 „
3. Allergic Skin Cure — 4 „
4. Parangi Churnam — 4 „

These four ingredients are powdered in a kalvam, mixed well, rubbed with **Annakati Jalam** for 3 hours daily and then exposed to the hot sun to be dried. This is to be repeated for seven days and on the 8th day it is again rubbed well into waxy consistency. Villais or tablets are made about the size and thickness of an old two anna round Silver coin each or in other words tablets are made about the size of 5 grains each. These are dried in the shade and bottled up.

Dose: $\frac{1}{2}$ to 1 tablet according to the age of the patient and severity of the diseases may be given twice a day for 5 to 7 days followed by water or anyother suitable decoctions.

Uses: Mega padai, Mega putru, Megaooral, Karumega padai, Venmegappadai, (Leucoderma), Vranams, Scabies, Psoriasis and other worst skin diseases etc., are cured.

Diet: Salt and Tamarind free diet or milk diet and fruit juices are allowed. Tobacco and smoking are avoided.

19. HEALTHY LAXATIVE PILLS (Special)
(Similar to Ichabedhi Kuligai)

1.	Purified Neervalam	—	6	parts	or	9	drams
2.	Kadukkoithole churnam	—	8	„	„	12	„
3.	Induppu fried	—	2	„	„	3	„
4.	Jathilinga kattu chenduram	—	2	„	„	3	„
5.	Perungkayam fried churnam	—	2	„	„	3	„
6.	Vengkaram fried	—	2	„	„	3	„
7.	Kalarchipparuppu purified	—	2	„	„	3	„

All are mixed together, rubbed with **Karunochi leaves juice** for 2 days, rounded into pills of 3 grains each, dried in the shade and bottled up.

Dose: 1 to 2 pills for adults and for children proportionate to their age only once a day or as and when necessary may be given

Uses: It is a purgative and is useful in constipation with fever, orchitis and filariasis. Jwaram, Vadhakudachal, flatulance and indigestion are also cured.

20. JEEVARATNA KULIGAI OR PURGATIVE PILLS No. 1

1.	Purified Rasakarpuram	—	1	part	or	1	tola
2.	Chukku churnam	—	1	„	„	1	„
3.	Milaku churnam	—	1	„	„	1	„
4.	Thippili churnam	—	1	„	„	1	„
5.	Purified Neervalam	—	2	parts	or	2	tolas

All these ingredients are rubbed in a kalvam with wheat-noi conjee top surface water for 3 days and then rounded into pills of pepper size, dried in the shade.

Dose: ½ to 1 pill for children and 1½ to 2 pills for adults may be swallowed with water in the morning only once. As a night pill, one or two pills may be given at bed time for adults only.

Uses: This is a good purgative. Indigestion, flatulance, worms intestines and Vaitruvali etc., are relieved.

Diet: Buttermilk and rice may be taken.

21. JWARAM KULIGAI OR FEVER PILLS or Sarvajwaram Mathirai (Special)

1. Jathilinga kattu chenduram — 1 tola
2. Manosilai kattu chenduram (or Purified manosilai) — 1 ,,
3. Thalaka kattu chenduram or purified thalakam or thalaka baspam No. 3 — 1 ,,
4. P. S M. M. Baspam — 2 tolas
5. Vasantham pills powdered — 1 tola
6. Kasthuri chenduram — 1 ,,
7. Chukku churnam — 2 tolas
8. Milaku churnam — 2 ,,
9. Thippili churnam — 2 ,,
10. Quinine sulphas (white) — 3½ ,,

All the ingredients are powdered, mixed together as per rules, rubbed with (1) Lime fruits juice for two days. dried, again rubbed with (2) Veppampattai kudineer for 2 days, made into pills of 3 grains each, dried in the shade and bottled up.

Dose: One to two pills may be given morning and evening with suitable anupanams.

Uses: All sorts of jwaram, janni, kapham, kasam and malaria are cured.

22. KANDEEPAN MATHIRAI or Purgative Pills No. 2

1. Purified Veeram or Veeram kattu baspam — 1 tola
2. Purified Jathilingam or Linga kattu chenduram — 1 ,,

3.	Purified Rasakarpuram or Rasakarpura kattu baspam	— 1 tala
4.	Purified Patharasam or Rasa baspam	— 1 ,,
5.	Purified Ghendakam	— 1 ,,
6.	Purified Thalakam	— 1 ,,
7.	Fried Vengkaram	— 1 ,,
8.	Kaduguroghani churnam	— 1 ,,
9.	Chukku churnam	— 4 tolas
10.	Milaku churnam	— 4 ,,
11.	Thippili churnam	— 4 ,,
12.	Purified Karunabi churnam	— 4 ,,
13.	Purified Neervalam	— 6 ,,

Method of Preparation:

Numbers 1 to 6 poisonous drugs are powdered, mixed together in a kalvam as per rules until the compound becomes utter black in colour, then numbers 7 to 13 drugs are added one by one as per rules and rubbed together well with **Lime fruits juice** for one day or 12 hours until it becomes waxy consistency. It is then made into pills of pepper size each, dried in the shade and bottled up.

Dose: One to two pills only once in the morning or twice if need be for 1, 3, 5, 7, or 10 days may be swallowed with water.

Uses: Janni 13, Vali noi 5, (convulsions), kuttam 18, soolai noi 18, kandamalai, syphilis, bubo, fistula, cancer, leprosy, perforating ulcer foot, carbuncles, Vedisoolai, badunhealing-ulcers, meganeer, abscesses, Megappadai, megaooral, Vatham 80, Megavettai, Piththa diseasses 40, kapha diseases 20. Jwaram 64, and gunmam 8 are all well responded to. It is a purgative pill.

N. B: In place of items 4 and 5, it is better to use Swarnavalai Rasachenduram Nos. 1 or 3 - 2 tolas.

23. KASTHURI MATHIRAI (Special)

1.	Kasthuri (Best)	— 10 grams
2.	Gorojanam	— 40 ,,

3. Kungumapoo — 40 grams
4. Swarnavalai rasa chenduram — 40 ,,
5. Kadukkoi churnam — 40 ,,
6. Thandrikoi churnam — 40 ,,
7. Nelli Vartal churnam — 40 ,,
8. Chukku churnam — 40 ,,
9. Milaku churnam — 40 ,,
10. Thippili churnam — 40 ,,
11. Elarisi churnam — 40 ,,
12. Lavangam churnam — 40 ,,

These are mixed together as per rules, rubbed with Karunochi leaves juice for 12 hours, made into pills of pepper size each, dried in the shade and bottled up.

Dose: 1 to 2 pills B. D. with Thulasi juice and honey for 3 days. Conjee diet.

Uses: All kinds of jwaram are cured. Thiridoshic disturbances are very well responded to. Heart and Lung diseases are also very well treated in children and adults.

24. NAVARKOTTAI MATHIRAI No. 1

1. Navarkottai Churnam (ie., jambul fruit seeds churnam with the thick skin lb 1 or Q. S. rubbed with Adutheendapalai leaves juice for 3 to 5 days until it becomes of a waxy consistency, made into pills of about 5 grains each and dried in the shade and bottled up.

Dose: 1 to 2 pills may be swallowed with water 2 or 3 times a day before food.

Uses: Polyurea of all kinds (ie., Neerilivu noi) is cured. Thirst is relieved. Diabetes Mellitus is also relieved.

Note: Better to use the whole seeds including its immediate covering in this preparation.

25. NAVARKOTTAI MATHIRAI No. 2

1. Navarkottai fresh with its own thick coat excluding fleshy portion of jambul fruits 1 lb, nicely pounded, placed in a kalvam and added.
2. Muppu Cum Abreka Chenduram (special) 3 tolas.
3. Karuvanga baspam No. 3
4. Thiruvanga baspam
5. Bhupathy chenduram
6. Kantha chenduram

   Of each 3 tolas.
7. Dia-diet No. 1 — 15 tolas

All these ingredients are rubbed together with Adutheendapalai leaves juice for 3 to 5 days, made into pills of 5 grains each, dried in the shade and preserved in a bottle.

Dose: 1 to 2 pills may be taken with water 2 or 3 times a day.

Uses: Diabetes mellitus, polyurea and their complications are cured. Thirst and Voracious apetite are relieved.

Note: Better to use the whole seeds including their immediate covering in this process.

26. NAVARKOTTAI MATHIRAI No. 3

1. Navarkottai paruppu churnam — 3 parts
2. Avaraiver pattai extract churnam — 2 parts

These two powders are placed in a kalvam, mixed together, rubbed with the juice of Adutheendapalai leaves for 3 or 4 days, rounded into pills of 2 kundries size or 5 grains each when the mass is of waxy consistency, dried in the shade and preserved in a bottle. To avoid fungus formation the pills must be very well dried.

Note: It is better to use the whole seeds including thier immediate covering in this process.

Dose and Uses: 1 to 2 pills in all cases of polyurea and Diabetes mellitus twice or thrice a day may be swallowed with water. Thirst and other diabetic complications are relieved.

27. NAVARKOTTAI MATHIRAI No. 4

1.	Navarkottai paruppu churnam (or preferably the whole seed, including their immediate covering inside jambul fruits may be powdered and used here)	—	20	parts.
2.	Abreka baspam or chenduram	—	1	part
3.	Karuvanga baspam No. 1	—	1	,,
4.	Bhubathy chenduram	—	1	,,
5.	Kantha chenduram No. 1	—	1	,,
6.	Dia-diet No. 1	—	4	parts
7.	Avaraiverppattai extract churnam	—	5	,,

These seven ingredients are mixed together in a kalvam, rubbed with Adntheendapalai leaves juice for 4 or 5 days, rounded into pills of 5 grains each, dried in the shade and bottled up.

Dose, Anupanam and Uses are the same as that of Navarkottai Mathirai Nos. 1 to 3.

28. NAVARKOTTAI MATHIRAI No. 5

1.	Navarkottai churnam pounded with its outer skin (minus the fleshy fruit) தோலுடன் நிழலில் உலர்த்திச் சூரணித்த பொடி	—	3	lbs.
2.	Abreka chenduram	—	3	ounces
3.	Bhubathy chenduram	—	3	,,
4.	Pavalavanga baspam No. 2	—	3	,,
5.	Kantha chenduram No. 1	—	3	,,
6.	Adutheendapalai extract	—	3	,,

All these ingredients are mixed together in a kalvam, rubbed with Adutheendapalai leaves juice for 3 to 5 days, rounded into pills of 5 grains each, dried in the shade and bottled up.

Dose, Anupanam and Uses are the same as that of Navarkottai Mathirai Nos. 1 to 4.

29. NAVARKOTTAI MATHIRAI No. 6

1.	Navarkottai churnam pounded with its outer skin (minus the fleshy fruit (சதை நீக்கிய நாவற் கொட்டை or தோலுடன் கூடிய நாவற் கொட்டை சூரணித்த பொடி	— 4 parts or 32 drams
2.	Chirukurinjan churnam	— 1 part or 8 drams
3.	Abreka chenduram or baspam	— 1/8th ,, ,, $\frac{1}{2}$ dram
4.	Velvanga baspam	— 1/16th ,, ,, $\frac{1}{2}$,,
5.	Muppu Guru chunnam	— a few pinches
6.	Rasa Thalaka chenduram or Swarna Valai rasa chenduram	— 1/16th part or $\frac{1}{2}$ dram
7.	Thiruvanga chunnam	— 1/16th ,, ,, $\frac{1}{2}$,,
8.	Pavala vanga baspam	— 1/16th ,, ,, $\frac{1}{2}$,,
9.	Vanga rasa guru baspam	— 1/16th ,, ,, $\frac{1}{2}$,,
10.	Dia-diet No. 1	— 2 parts or 16 drams

All these ingredients are mixed in a kalvam, rubbed with (1) Adutheendapalai leaves juice for 3 days. then dried, rubbed again with (2) Alam viluthu juice for decoction for 3 days, then dried and again rubbed with (3) Thiriphala decoction for 3 days. When it is of proper consistency it is rounded into pills of five grains each or about the size of Elandai seeds, dried in the shade and bottled up.

Dose, Anupanam and Uses are the same as that Navarkottai Mathirai No. 1 to 3.

30. NAVARKOTTAI MATHIRAI No. 7

1.	Navarkottai paruppu fine churnam	— 2 lbs
2.	Muppu Cum Abreka chenduram	— 3 tolas
3.	Karuvanga baspam No. 1 or pavala karuvangam No. 1	— 3 ,,

4. Karuvanga churnam No. 2 — 3 tolas
5. Bhupathy chenduram — 3 ,,
6. Kantha chenduram — 3 ,,
7. Dia-diet No. 1 — 12 ,,
8. Avaraiver pattai extract — 3 ,,
9. Panchamarappattai dried extract — 6 ounces or 15 tolas

All these ingredients are mixed together in a kalvam, rubbed with Adutheendapalai leaves juice for 2 days, rounded into pills of kundri size, dried in the shade and bottled up.

Dose and Uses are the same as that of Navarkottai Mathirai Nos. 1 to 6.

31. NEERKOVAI MATHIRAI (For External Application only over the Forehead)

1. Kappu manjal churnam — 1 part
2. Kasthuri manjal churnam — 1 ,,
3. Vengkaram fried churnam — $\frac{1}{2}$,,
4. Palingu shambirani powdered — $\frac{1}{2}$,,
5. Milaku churnam — $\frac{1}{2}$,,
6. Chukku churnam — $\frac{1}{2}$,,
7. Jathikoi churnam — $\frac{1}{2}$,,
8. Omum churnam — $\frac{1}{4}$,,
9. Lavangam churnam — $\frac{1}{4}$,,
10. Karpuram (shudam) — $\frac{1}{4}$,,
(preferably pachaikarpuram may be used)

These ten fine powders are mixed together in a kalvam, rubbed with Lime fruit juice for 3 days and then rounded into pills of 5 to 10 gr. each (or elandai seed size). They are dried in the shade and preserved in a bottle.

Uses: This is meant for External application over the forehead by being rubbed in breast milk into a fine paste. After application, it is better to dry the part with the fumes of Palingu shambirani in fire. (சாம்பிராணி தூபங் காட்டி உலர்த்தவும்).

Effect: Watering of the nose, frontal Headache, severe cold, heaviness of the Head and fever are relieved very well. Children and adults may use this external application over the forehead.

32. NIGHT PILLS No. 2 OR HEALTHY LAXATIVE PILLS No. 2

1.	Purified Neervalam	—	3	tolas
2.	Inside soft portion of wheat bread	—	3	"
3.	Chukku Churnam	—	1½	,,
4.	Elarisi Churnam	—	¾	tola
5.	Purified Lingam or Linga Kattu Chenduram	—	1½	tolas

All these five ingredients are rubbed in a kalvam into a waxy consistency and made into pills of kundri size each. Dried in the shade and bottled up.

Dose: 2 to 3 pills for adults and 1 to 2 pills for elderly Children to be given only once at bed time or early morning.

Anupanam: Nattu Sharukarai or Chukku decoction or Plantain fruit or Kesari Halwa. This produces very healthy motions.

33. ORAL DISINFECTANT PILLS OR O. D. PILLS

1.	Athimathuram fine churnam	—	15	tolas
2.	Pachai karpuram	—	1	p. w.
3.	Valmilaku fine churnam	—	3	tolas
4.	Menthol	—	1	tola
5	Lavangam fine churnam	—	1½	tolas
6.	Lavangappattai fine churnam	—	1½	tolas
7.	Kungumapoo	—	1	tola

These seven ingredients are rubbed together in a kalvam with best Rose water and when it is of waxy consistency, pills of black-gram size are rounded. These are dried in the shade and preserved in a stoppered bottle.

Dose: 1 or 2 pills may be put in the mouth and sipped either alone or with sugarcandy.

Uses: Bad odour mouth, dry tongue, pyrrhoea Alveolaris, gingivitis, dental troubles, indigestion and loss of apetitie etc., are relieved. For habitual smokers or beetel chewers this pill is good to forget the habit.

Note: This pill is better made with pill-making-machine, or tablet making machine instead of using the fingers.

34. PASHANA MATHIRAI OR PASUPATHASTHRA BHANAM MATHIRAI

Secure one palam or 3 tolas Vellaipashanam in solid form. This is purified by enclosing the same inside Kombupavarpazham (ie., matured Paval-fruit) by means of an longitudinal incision made in the fruit and the seeds removed. This is then tied and subjected to Avipputam as per rules. This process is repeated eight more times or done likewise on the whole 9 times to ensure proper purification of Vellaipashanam.

2. Having done this as a matter of purification, it is placed in a kalvam, powdered, rubbed with twice its weight or two palams or 6 tolas of good Kombupavarpazham or matured pavarpazham without seeds for one day or until it becames of a fine waxy paste, thin villai is made and kept exposed to the hot sun for 9 days continuously, keeping it in the moon during night. This is called sun-putam.

3. This Vellaipashanam villai is then provided with seven layers of cloth smeared with black-gram flour and wheat flour in equal parts made into a paste. This is then dried, subjected to poomiputam by being enclosed in a pair of agals, seelaiman made to the margin, dried and buried under the earth, kept there for 9 days and then taken out.

Here it may be suggested that the Villai to which seven layers of flour-cloth are made and dried may also be kept buried under the earth without being enclosed in a pair of agals. This is Poomiputam or Poomisamathi.

4. Next, the Vellaipashanam villai kavacham without agals is subjected to Horsedung putam or Horsedung samathi for 9 more days and then taken out. Horsedung putam or samathi means: Place Horsedung fresh in an earthernware big chatty to its full capacity and keep the villai into the middle of the Horsedung. This chatty containing the Villai is covered with another suitable chatty, seelaiman made at the junction of the chatties, dried, allowed to remain for 9 days and then the Villai is taken out. This is called **Horse dung putam or "Samathi"**.

5. Next, the medicinal Villai is enclosed in the midst of Tamarind bark burnt-up ash or Maruthamaram-bark burnt-up ash kept in a pair of suitable agals, seelaiman made at the junction of the agals dried and subjected to laghufire putam with 5 or 6 dried cowdung cakes. Puneer (purified) powder may also be substituted for the above Tamarind bark or Maruthamaram bark burnt-up ash for purpose of enclosing the medicinal Villai. Now the resultant Vellaipashana parpam is pure-white in colour.

6. Next, this Vellaipashana parpam is weighed and rubbed in a kalvam with **lime fruit juice** for two days or until it becomes of a sticky ntaure or pill-forming consistency. Pills are then rounded about the size of half of a black-gram or about the size of a green-gram each (ie. 1 grain each), dried in the shade, bottled up and subjected also to paddy-putam or samathi (நெற்புடம்) for 40 days before use.

Dose: One pill may be given twice a day with suitable anupanams.

Indications:

This pill is considered as a specific for all intermittent fevers (Vishama-Jwaram or maral jwaram) For Gunmam this pill is given with honey, (2) For seethapitha jwaram (similar to malarial fevers) this pill is given with Valampurikodi decoction or plain pure water. (3) For Pandu, Breat milk is used as anupanam, (4) For all kinds of fevers, Janni and Valinoi (convulsions or fits) Vishnukaranthi leaves juice or decoction is indicated as anupanam Arugampul juice or decoction is also used in place of Vishnukarnathi.

Diet: Salt free diet is indicated. Cow's milk, Bread and rice conjee without salt may be allowed during the course of this medicinal administration.

35. PUNJAB SALAMISIRI TONIC PILLS

or Dhathu Bushti Tonic Pills or Sexual Tonic Pills

1. Punjab Salamisiri Churnam — 1 lb.
2. Murungai pisin — 2 ozs.
3. Badham pisin — 2 ,,
4. Elavam pisin — 2 ,,
5. Karuvelam pisin — 2 ,,
6. Vilam pisin — 2 ,,
7. P. C. Baspam — 1 oz.
8. Ayakantha Chenduram — 1 ,,
9. Ayaveera Chenduram — 1 ,,
10. Thanneervittan Kilangu — 2 ozs.
11. Nilappanai Kilangu — 2 ,,
12. Poonaikali Vithu Churnam — 2 ,,
13. Panai Sharkarai Kilangu — 2 ,,

Mixed and rubbed with Thiripala decoction. Rounded into pills of grains 5, each. Dried in the shade and bottled up.

Dose: 1 pill B. D. or at bed time with milk.

Uses: It as a Kayakalpam develops the semen and acts as a Sexual Tonic and blood restorer.

36. PURGATIVE PILLS No. 3

or General Vayu Purgative Pills No. 1

1. Jathilingha kattu chenduram — 1 tola
2. Kalarchiparuppu purified — 2½ tolas

3.	Fried Vengkaram	—	5	tolas
4.	Kadukkoithole churnam	—	10	,,
5.	Chukku churnam	—	2½	,,
6.	Milaku churnam	—	2½	,,
7.	Purified Neervalam	—	7½	,,

All these seven ingredients are mixed together in a kalvam as per rules, rubbed with (1) Karunochi leaves juice for 3 days, dried with the kalvam, again rubbed with (2) mixture of inji juice and lime fruit juice for another three days, rounded into pills of kundri size (or about 2 grains each), dried in the shade and bottled up.

Dose: 1 to 2 pills may be taken only once in the morning with hot water in an empty stomach. For children ½ to 1 pill may be given according to their age.

Uses: It is a good purgative, useful in orchitis, Filariasis, indigestion, intestinal colic, sluggish liver and gas-troubles etc.

37. PURGATIVE PILLS No. 4
or General Vayu Purgative Pills No. 2

1.	Jathilingha kattu chenduram	—	1	tola
2.	Induppu powdered	—	1	,,
3	Fried Vengkaram	—	1	,,
4.	Perungkayam fried and powdered	—	1	,,
5.	Kalarchiparuppu purified and powdered	—	1	,,
6.	Kadukkoithole churnam	—	4	tolas
7.	Purified Neervalam	—	3	,,

Mode of preparations, dose and used are the same as that of the formula mentioned under Purgative pill No. 3.

38. SANJEEVI PILLS No. 1
or Children's Purgarive Pills (Special)

1.	Irubi purified and powdered	—	1	tola
2.	Nabhi (black purified and powdered	—	1	,,
3.	Purified Thalakam	—	1	,,
4.	Swarna Valai Rasachenduram	—	2	tolas
5.	Fried Vengkaram chunnam	—	1	tola
6.	Thandrikoithole churnam	—	1	,,
7.	Chukku churnam	—	1	,,
8.	Milaku churnam	—	1	,,
9.	Thippili churnam	—	1	,,
10.	Purified Neervalam	—	5	tolas

All these ingredients are rubbed together in a kalvam with the following juices:

(1) Manjal Karisalai Juice for 7 days at the rate of Vigourous rubbing for 3 hours each day and then allowed to dry in the shade.

(2) **Lime fruit juice** in the same manner as above and lastly, (3) rubbed with VELIPPARUTHI LEAVES JUICE for the same period of seven days.

When it is of proper waxy consistency, it is rounded into pills of 2 grains each and dried in the shade.

Dose: 1 to 2 pills depending upon the age of children up to 12 years of age may be given only once in the morning with a little hot water and sugar.

Uses: Constipation with fever and chalikattu is relieved.

(1) When it is given with Jathikoi churnam, moola-vayu is relieved.

(2) With lime fruit juice, vishakadi is relieved.

(3) With chukku-neer, all Vayus are cured.

(4) Moolam and Valigunmam are relieved with Nochi leaves juice as anupanam.

(5) With murungaippattai juice, Soolai noi is cured.
(6) With goat's milk, Kshayam is relieved.

39. SANJEEVI MATHIRAI No. 2

1. Purified patharasam	Of each 1 palam or 3 tolas.
2. Ghendakam purified	
3. Thalakam purified	

These three ingredients are mixed in a kalvam as per rules, rubbed with (1) Kaiyanthakarai (manjal karisalai) juice for one day, dried with the kalvam and (2) Next, rubbed with Lime fruit juice for one day, allowed to dry in the shade powdered again, put in an already provided seven layers of clay cloth, dried and kept ready kasikuppi, to its half capacity mouth of the kuppi is covered with a lid or a piece of odu clay cloth is applied to the margin of odu and kuppi and subjected to burning in a Valukayanthram for 3 days as detailed under **Anandha Bhairavam No. 1.**

On being cooled. The resultant chenduram is carefully collected as per rules, weighed and powdered in a kalvam.

Next, the following drugs are secured, weighed and added to this compound chenduram:

1. Purified and finely powdered Karunabi.
2. Purified and finely powdered Irubi.
3. Chukku churnam
4. Milaku churnam
5. Thippili churnam
6. Thandrikoi churnam
7. Vengkaram fried churnam $\overline{\text{a a}}$ 1/3 part of the total weight of the above compound chenduram.
8. Purified Neervalam (finely rubbed into butter-like consistency) taken half of the total weight of the above compound chenduram and the other seven ingredients.

These are all mixed in a kalvam as per rules, rubbed with (1) Kaiyanthakarai juice (manjal karisalai) for 7 days at the rate of 3 hours by brisk rubbing every day and then allowed to dry during the rest of the day.

(2) Next, rubbed with Lime fruit juice for 7 days as before, dried and for a third time (3) rubbed with Veliparuththi leaves juice (Uthamoni leaves juice) for another 7 days and when it is of proper consistency pills are rounded about the size of Kundrimoni each.

N.B: Some physicians add Neervalam equal to the total weight of all other medicines and chenduram. In that case the size of the pill need be reduced to greengram size.

40. SEXUAL TONIC PILLS No. 1
or Dhadhu Virthi Kuligai

1. Bhumi Sharkarai kilangu churnam
2. Poonaikali viththu paruppu churnam
3. Adutheendapalai samoolam churnam (or its extract ½ part may be added)

Of each equal parts.

These three ingredients are well rubbed in a kalvam with Cow's milk for 3 days and then made into pills of 5 to 10 grains each (or about small chundakoi size). These are dried in the shade and bottled up.

Dose: One pill may be taken twice a day for about 20 days.

Uses: Semen is strengthered, sexual intercourse is pleasant wherein discharge of semen takes a longer time than expected. This is a powerful Aphrodisiac and sexual tonic.

Note: During intercourse if the semen is not discharge or it takes a very long time, Lime juice should be sipped when atonce the semen will be discharged. **Lime juice is the Anti-Dote for the above pills.**

41. SEXUAL TONIC PILLS No. 2

1. Neermulli virai 2 palams, soaked in Lime fruit juice for a day, then rubbed with the same juice in kalvam with the addition of the following ingredients:
2. Poonaikaliviththu churnam — 2 palams
3. Nilappanai kilangu churnam — 2 ,,
4. Thaneervittan kilangu churnam — 2 ,,
5. Karuvelampattai, flowers, leaves and pisin churnams of each $\frac{1}{2}$ palam = total 2 palams.

All these five ingredients are better kept soaked in Lime fruit juice for a day, then rubbed in a kalvam with the same (1) Lime juice for 2 or 3 days allowed to dry, again rubbed with (2) Red-Ilaneer (செவ்விளநீர்) for another 2 or 3 days and when it is of waxy consistency, it is rounded into pills of 5 grains each or about the size of Elandaivirai, dried in the shade and bottled up.

Dose: One pill may be taken twice a day with cow's milk or other liquids.

Uses: Spermatorrhoea, Burning micturition, impotency and Nervous weakness are all relieved. This is a very good sexual tonic.

42. SHAMBIRANI PATHANGA MATHIRAI or Siddha Contraceptive No. 5

1. Shambirani Pathangam (Acidum Benzoicum) — 5 tolas
2. Pattukaruppu Chenduram — $2\frac{1}{2}$,,
3. Navamulaguru — $2\frac{1}{2}$,,
4. Lavangam Churnam — 6 ,,
5. Gorojanam — 2 ,,

Rubbed with Betel leaves juice for 12 hours and made into pills of Black-gram size.

Dose: 1 to 2 pills B. D. with suitable anupanam.

Uses: Puerperal Sepsis, Scanty Menses, Dysmenorrhoea, Amennorrhoea and Uterine Colic are cured. Useful in Suka janni also. This is also used as a **Contraceptives** in Ladies just at the expected period.

43. SWASA KUDORI MATHIRAI No. 1

1. Vellai Erukkan flowers (green and fresh) - 3 lbs
2. Milaku churnam — 1 to 3 lbs

These are well rubbed together in a kalvam with Vellai erukkan flowers juice for 2 or 3 days and made into pills of pepper size each, dried in the shade and bottled up.

Dose: 1 to 2 pills may be given 2 or 3 times a day with Thalisapathiri decoction.

Uses: Bronchial asthma of all types (kasam, swasam, and Eraippu) and Eusinophilia of the Lungs are relieved.

Note: We prepare here in the proportion of 3 parts of green vellai erukkan flowers and 1 part of milaku churnam. Nothing wrong in increasing the milaku churnam in this process.

44. SWASA KUDORI MATHIRAI No. 2 (Special)

1. Vellai Erukkan flowers (green) — 4 parts
2. Milaku churnam — 2 parts
3. Thalisapathiri churnam — 1 part

These are rubbed well together in a kalvam with Vellai erukkan flowers juice for 2 or 3 days and when it is of waxy consistency it is made into pills of pepper size each, dried in the shade and bottled up.

Dose, Anupanam and Uses are the same as that of Swasa Kudori Mathirai No. 1.

45. SIVAPPU MATHIRAI OR RED-PILLS

1.	Chukku	—	1¼	tolas
2.	Milaku	—	1¼	„
3.	Thippili	—	1¼	„
4.	Lavangam	—	1¼	„
5.	Valmilaku	—	1¼	„
6.	Akkarakaram	—	1¼	„
7.	Koshtam	—	1¼	„
8.	Vengkaram fried	—	1¼	„
9.	Purified Lingam or Jathilingam kattu chenduram	—	1¼	„

Mixed well in a kalvam, rubbed with **Inji juice** for 6 hours and made into pills of Red-gram size or about 2 grains each.

Note: Gorojanam, Kungumapoo and Pachai karpuram of each ½ tola may also be added to this preparation.

Dose: 1 to 2 pills may be given twiec a day with Inji juice and honey or other suitable anupanams.

Uses: Jwaram and all other digestive and respiratory diseases are cured.

46. THALISADHI VADAKAM

1.	Thalisapathiri	churnam	—	2½	ounces
2.	Milaku	"	—	2½	"
3.	Chevvyam	"	—	2½	"
4.	Thippili	"	—	5	"
5.	Thippilimulam	"	—	5	"
6.	Chukku	"	—	7½	"
7.	Lavangappattai	"	—	5	"
8.	Lavangappathiri	"	—	5	drams
9.	Elarisi	"	—	5	"
10.	Chirunagapoo	"	—	5	"
11.	Vettiver (kuruver)	"	—	5	"
12.	Chitrarathai	"	—	5	"
13.	Karumbu vellam		—	96	tolas
14.	Cow's milk		—	2	Madras Measures

Nos. 1 to 2 churnams are mixed together, karumbuvellam nicely powdered, mixed with the churnam uniformly and this compound is subjected to steam-bath in cow's milk as per rules, (That is to say, a wide mouthed Andha is taken) cow's milk with equal part of water is poured in the vessel, a cloth is spread over the top portion or the mouth of the vessel and fixed to the rim of the vessel with a twine, the compound powder little by little or the whole quantity is placed or spread over the cloth, covered with a suitable chatty or basin and the milkvessel is kept over the fire, As soon as the powder is well boiled by the steam of the milk, it is taken out carefully, pounded in a stone mortar (கல் உரல்) when it is hot and immediately rounded into small balls of about the size of a **chundakkoi** or about 5 to 10 garins each. These balls or otherwise called Vadakam are dried in the shade and preserved in a suitable glass jar.

Dose: 1 to 2 Vadakams are taken once or twice a day well powdered and mixed with honey. In throat troubles and cough it may be sipped like chocklates.

Uses: Kapham, kasam, vayu (flatulance), Grahani, Diarrhoea, Alasam (inflammation of gastro intestinal tract), Vanthi and Pakkanoi are relieved.

47. TONSILITIS CURE PILLS
or Thondaithasai Valarchi Nivarani (Special)

1.	Chukku	churnam	Of esch equal parts or 3 tolas
2.	Milaku	,,	
3.	Thippili	,,	
4.	Kadukkoithole	,,	
5.	Thandrikoithole	,,	
6.	Nellivartal	,,	
7.	Karpuravalli samoolam, dried in the shade and powdered		— 3 tolas.

These seven ingredients are mixed up in a kalvam, rubbed with Manjal karisalai juice for one or two days, rounded into pills of chundakkoi size or about 5 grains each, dried in the shade and preserved in a bottle.

Dose: One pill may be taken two or three times a day, powdered and well mixed up with pure honey as a "LINCTUS" and licked up slowly.

Indications:

Enlarged Tonsils and infective or suppurative Tonsilitis, Laryngitis and Pharyngitis etc., are cured.

N. B: Plain Karpura valli leaves green (கற்பூரவள்ளி இலை) when chewed and taken two or three times a day cures diseases of the tonsils. This is noted by experience of eminent physicians.

48. VAJIRAKANDY MATHIRAI

(or Agasthiar Bedhi Mathirai or Night Pills No. 3)

1.	Purified Rasakarpuram or Rasakarpura kattu baspam	— 2	tolas
2.	Chukku churnam	— 6	,,
3.	Best purified Neervalam	— 4	,,
4.	Hot boiled rice (புழுங்கலரிசிச் சாதம்)	— 12	,,

All these ingredients are mixed together as per rules in a kalvam, rubbed well for 2 or 3 days and rounded into pills of kundri size or 2 grains each.

Direction:

As night pill, 1 to 2 pills for adults may be swallowed with cold water or milk at bed time. Early morning it produces two motions. (2) As a regular purgative one pill for youngsters aged 12 years and 2 pills for adults may be swallowed with hot water early morning only once. It produces good motions without exhaustion.

TO STOP MOTIONS, cold bath may be taken and buttermilk and rice may be given. Buttermilk will stop motions, or Vashambu burnt up ash one pinch may be mixed with honey, and licked up or jeerakam fried gently with honey, made into a decoction by adding water and boiling to ¼th part may be given once to stop motions and Vomiting if they are excessive. Buttermilk alone is quite sufficient to stop motions and relieve exhaustion.

49. VADHARAKSHASAN MATHIRAI
or Purgative Pill No. 5 (Special)

1. Kadukoithole churnam
2. Chukku ,,
3. Milaku ,,
4. Thippili ,,
5. Induppu ,,
6. Kadukurogani ,,
7. Sivathaiver (Black) ,,

Of each in equal parts or 1 oz each.

8. Neervalam purified — 7 parts or 7 ounces.

To be mixed in a kalvam, rubbed with Lime fruits juice for 2 days, made into pills of pepper size, dried in the shade and bottled up.

Dose: 1 to 2 pills may be given once in the morning only with suitable anupanams.

Uses: This acts as a good purgative and at the same time relieves headache, dyspepsia, fever, Vadhakudachal and 18 kinds of soolai noi etc.

Diet: Rice-milk conjee may be given or buttermilk and rice may be given motions are excessive, cold bath may be taken and buttermilk and rice may be given. If motions are not controlled, burnt up Vashambu ash 1 or 2 pinches may be mixed with honey and licked up. The motions are stopped immediately.

50. VASANTHA KUSUMAHARAM MATHIRAI (Special)

1. Jathilingakattu chenduram
2. Vengkaram fried churnam
3. Lavangam ,, ,,
4. Thippili ,, ,,
5. Koshtam ,,
6. Akkarakaram ,,
7. Athimathuram ,,

Of each 8 drams.

8.	Gorojanam powdered	— 1 tola
9.	Kungumapoo powdered	— 1 ,,
10.	Pachai karpuram powdered	— 1 ,,

These ten ingredients are mixed well in a kalvam as per rules, rubbed well with (1) Inji juice for 4 days, allowed to dry, again rubbed with (2) Breast milk (if available) for another 4 days, and then made into pills of green-gram size or about 1 to 2 grains each. These pills are dried in the shade and preserved in a stoppered bottle.

Dose: 1 to 2 pills may be given twice a day with Inji juice and honey or with breast milk in children or other suitable anupanams.

Uses: Fever of all kinds, kapham, kasam, Thirst, Urinary diseases, sneezing (தும்மல்), Belching and eructations (ஏப்பம்) etc., are cured. In children and adults this may be given in fevers, cold and cough. In Influenza this pill acts very well when given with Inji juice and honey or Nochi leaves decoction.

51. VELLAIPOONDU MATHIRAI

1	Vellaipoondu (பருப்பு Kernal)	— 6 tolas
2.	Nattu-Jeerakam churnam	— 6 ,,
3.	Purified Ghendakam	— 6 ,,
4.	Induppu	— 6 ,,
5.	Chukku churnam	— 6 ,,
6.	Thippili churnam	— 6 ,,
7.	Milaku churnam	— 6 ,,
8.	Fried Perungkayam	— 6 ,,

Nos. 1, 3 and 4 are ground in a kalvam nicely with Veppamppattai swarasam or decoction and when they are well massed, the other powders are added one by one, They are rubbed with the same juice for 7 days and made into pills of Bengal-gram size.

Dose: 1 to 2 pills 2 or 3 times a day.

Uses: Indigestion, Flatulance and diarrhoea are cured when given with omum decoction or other suitable anupanams.

52. VISHNUCHAKKARAM MATHIRAI (Special)

1. Kalameganarayana chenduram (containing Valairasam, Lingham, Ghendakam, Thalakam, and Manosilai prepared chenduram by kuppi-erippu) — 1 part or 5 tolas.
2. Nabi (karunabi) churnam
3. Palakarai baspam
4. Palthutham powdered
5. Kantha chenduram No. 2 or K. A. R. Chenduram

Each 1/5th part or one tola each.

These ingredients are mixed in a kalvam, rubbed with Neem fruit juice or Neempattai juice or Neembark decoction or Neem leaves decoction for 6 hours and then dried with the kalvam.

Secondly it is rubbed with LIME FRUIT JUICE for 6 hours. Pills are then made about MILAKU OR KUNDRI size, dried in the shade and bottled up.

This is our method of preparing VISHNU CHAKKARAM MATHIRAI.

Dose: 1 pill morning and evening to be given with Thirikadugu churnam, honey and inji juice. Two pills also may be given in serious cases.

Uses: Particularly this medicine is considered as a specific in cases of Plourisy with or without effusion. It is also useful in all kinds of Vayus, hemiplegia, 13 kinds of janni, fevers, sophai, pandu, kayanoi, Hiccup, Eructations and Moorchrogam etc.

Diet: Tamarind free diet may be adopted or the diet may be preseribed according to the nature of the ailments.

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CHAPTER - 11

MELUGU & KULAMBU

1. AMBER MELUGU (Special)
or Anti-rheumatic Cum Arthritic and Paralytic Remedy

1.	Purified Patharasam	—	1½ tolas
2.	Purified Ghendakam (or Swarnavalai Rasachenduram in place of Nos. 1 & 2 above 3 tolas)	—	1½ "
3.	Rasa karpurakattu baspam or purified Rasakarpuram	—	2 "
4.	Rasa chenduram specially prepared	—	2 "
5.	Kalameganarayana chenduram	—	2 "
6.	Muppu chunnam	—	2pinches
7.	Thippili mulam churnam	—	2 tolas
8.	Jathikoshtam churnam	—	2 "
9.	Akkarakaram	—	2 "
10.	Vembu-flowers churnam	—	2 "
11.	Chukku churnam	—	2 "
12.	Arisithippili churnam	—	2 "
13.	Thalisapathiri churnam	—	2 "
14.	Milaku churnam	—	2 "
15.	Neernaivirai (நீர் நாய் விரை or ஜிந்து)	—	2 "
16.	Best kungumapoo nicely powdered	—	2 "
17.	Kasthuri (best quality)	—	2 "
18.	Amber (best quality)	—	2 "
19.	Neervalam purified	—	2 "
20.	Sathurakallipaul	—	1 to 2 oz.
21.	Rosewater (Panneer) one bottle of about	—	20 to 24 ounces
22.	Castor oil if needed	—	a little or honey.

Mode of Preparation:

All bazaar drugs are finely powdered, weighed and taken. Rasam and ghendi may be rubbed together until they become dark and of a good admixture. Rasakarpuram is also powdered. Without Rasam and ghendi, if special Swarnavalairasa chenduram is taken, all the mercurials such as Swarnavalairasa chenduram, Rasachenduram, Rasakarpuram, Kalameganarayana chenduram and muppu are mixed together in a kalvam as per rules. Neervalam made into a fine paste is added to the above compound chenduram and ground well with Sathurakallipaul and a little of Rosewater. Then this kalvam with the medicine is kept exposed to the hot sun for about 3 hours to be dried well.

Next, all the bazaar drugs, Amber, Kasthuri, Kungumapoo, and ginth are added to the above little by little, rubbed well with Rosewater for 6 to 9 hours and allowed to dry with the kalvam. Thereafter this is again powdered, rubbed with a little of castor oil or preferably with honey into a waxy consistency and then bottled up. This is a very fine and useful medicine.

Dose: 5 to 15 grains may be given once or twice a day according to the toleration of the patient enclosed in jaggery or sugar or plantains or in empty gelatin capsules for 3 to 5 days or if necessary for a longer duration with breaks at intervals.

Uses: All Vadha and Vadhakapha diseases are cured. Arthritis, Rheumatism, Rheumatoid arthritis Paralysis of all kinds, Hemiplegia, Cerebral-Haemorrhage, Cerebral-Thrombosis, Hypertension, convulsions, Hysteria, Epelepsy, Thamarakanoi, Kasam, Eraippu, Kshayam, and constipation etc are cured. It produces motions and hence the dose and number of times of administration should be carefully observed or adjusted.

2. GRAHANI KAPADA MELUGU (Special)

1.	Mashikoi churnam	— 10 tolas
2.	Jathikoi churnam	— 10 „

3.	Vellai kashukatti	— 10 tolas
4.	Abin 2½ tolas if available or in its absence Posthekoithole extract powdered – 5 tolas may be substituted (we can prepare even without this item)	
5.	Lavangam churnam	— 5 "
6.	Lavangappattai churnam	— 5 "

These five or six ingredients ara taken in the above proportions, well mixed together in a kalvam, rubbed with honey into a waxy consistency or melugu pakam and then bottled up.

Dose: About a chundakkoi size for adults or about 5 to 10 grains may be given well mixed with honey 2 or 3 times a day. In elderly children under 12 years the dose may be reduced according to their age.

Uses: Diarrhoea, Grahani, Dysentery, Colitis, Sprue and enteritis etc., are excellently cured.

Diet: Liquid diet.

3. JATHIJAMBEERA KULAMBU

1.	Lime fruit juice	— ½ Madras measure or 2 lbs.
2.	Purified jathilingam nicely powdered	— 5 drams
3.	Camphor (shudan)	— 1½ drams

A suitable mud chetty is taken, smeared inside with the juice of Thulasi leaves, dried, repeated 3 to 5 times like this, placed over gently fire, camphor powder is put in the chatty while the chatty is very hot and covered over airtight with a suitable plate. As soon as the camphor powder is burnt away, the cover is removed, the Lime fruit jnice to which finely powdered jathilingam is added and well mixed, is poured in the chatty completely. All the sublimed camphor from inside the plate is also scraped and added to the solution. Next, the solution is allowed to boil on gentle fire, often briskly stirring the solution with a spoon and allowed to reduce itself to semisolid consistency or kulambupakam. Then it is transferred to a suitable porcelain dish or glass jar and preserved.

Dose: 2 to 4 grains may be licked up 3 or 4 times a day.

Uses: Vanthi including (Hyperinosis), Gravidrum,) Hiccup, Thirst, Pandu, Mandhabedhi in children, Ushnathickam and Moorchainoi etc., are cured.

4. MAHASWARNA VANAMELUGU No. 1 (Special)

1.	Swarnavalai rasachenduram	— 1	tola
2.	K.M.N. chenduram	— 1	"
3.	Veeram kattu baspam or Veera pathangam or purified Veeram	— 1	"
4.	Purified Gowripashanam (This quantity is enough)	— $\frac{1}{4}$	"
5.	Purified Vellai padanam (This quantity is enough)	— $\frac{1}{4}$	"
6.	Purakattu baspam or purified Rasakarpuram	-- 1	"
7.	Linghakattu chenduram	— 1	"
8.	Abin (if available)	— 1	"
9.	Kantha chenduram	— 1	"
10.	Palingu Shambirani	— 1	"
11.	Karpuram (shudan)	-- 1	"
12.	Purified Thalakam	— 1	"
13.	Mirudar singi purified	— 1	"
14.	Gold leaves (or preferably Gold baspam or chenduram)	— 1	"
15.	Kasthuri best	— $\frac{1}{4}$	"
16.	Gorojanam	— 1	"
17.	Kungumapoo	— 1	"
18.	Pachaikarpuram	— 1	"
19.	Silver Baspam	— 1	"
20.	Naipavala baspam	— 1	"

All these twenty ingredients are powdered Nos. 10 & 11 are mixed together, rubbed into a paste, then added Nos. 1 to 9, 12, and 13, rubbed well with **Anda thailam** for 2 days, then added Nos. 14 to 20 and rubbed again for a day. When it is of waxy consistency it is bottled up.

Dose: Black-gram size may be given twice a day enclosed in jaggery, or sugar or in empty gelatin capsules.

Uses: Kapha vadha janni, Jwaram, Kasam, Kushtam, Hernia, Orchitis, Soolai, Vranam, Elai, Sapthathodam, Gunmam, Vaitruvali, Vaitru kaduppu, Amenorrhoea, Sobai, Jaundice, Vanthi, Grahani, Fistula, Kalladaippu, Convulsions, Granthi, Sinuses, Kandamalai, Diabetes-mellitus, Polyurea, Bronchial asthma, General debility, Paralysis, Hemiplegia, Impotency and Nervous debility etc., are cured.

Note-1: The above Vanamelugu 10 grs. is taken, added Amukara Churnam Compound No. 2 - 10 grains, Elarisi churnam plain 10 grains and milaku churnam 10 grains placed in a kalvam, rubbed with honey S. Q. and made again into a waxy consistency. This is done to give a pleasant flavour to the medicine. Dose of this is about 2 to 4 grains twice a day. This is called **Mahaswarna Vanamelugu No. 2** for practical purposes. This may be administered enclosed in capsules or in sugar.

Note-2: Gowri and vellai pashanam may be taken only ¼ tola each well purified drugs. Better to administer this melugu with interval of rest and in small doses.

5. MARKANDAN MELUGU OR PARANJOTHI MELUGU

1.	Purified Patharasam	—	1 ounce
2.	,, Thalakam	—	1 ,,
3.	,, Jathilingam	—	1 ,
4.	,, Ghendakam	—	2 ounces

These four ingredients are powdered in a kalvam, mixed together as per rules, then rubbed with Puneer jalam (which should be original No. 1 obtained at the proper season) for 72 hours or even more, and when it is of waxy consistency, the melugu is secured and preserved in a dish.

Note: In my attempt original Puneer jalam No. 1 was not available and as such my preparation was not tolerated by the patients, Owing to the use of ordinary puneer jalam. I then stopped it and converted this melugu into a kuppi erippu chenduram under Valukam which is named Rasachenduram No. 5.

No. 5 Rasachenduram is noted here below:

This chenduram works splendidly well in all cases mentioned below:

Dose: If the mezhugu had been properly prepared and finished, the dose should be 2 to 4 grains given morning and evening enclosed in palm jaggery or empty gelatin capsules.

Uses: Janni, Kasam, Vadham 20, Soolai, Gunmam, Leprosy, Cancer, other worst skin diseases, granthi, fistula, piles, Tubercular glands, Buboe, Cancer in the genital parts in women and men, Meganoi, Sobai, Chilvisham, Vranam, Allergic Dermatitis (தடிப்பு) Carbuncles and Breast absecess etc are readily responded to.

6. RASAGHENDI MELUGU No. 1 (Traditional)

1.	Purified Valai rasam	—	3	tolas
2.	Purified Ghendakam	—	3	"
3.	Ulantha Lingha kattu chenduram or Jathilingam kattu chenduram	—	1½	"
4.	Rasakarpura kattu baspam or purified Rasakarpuram	—	1½	"
5.	Rasa chenduram No. 2 or Rasakarpura chenduram or Bazaar Rasa chenduram purified	—	1½	"
6.	Purified Thalakam	—	1	p.w.
7.	Purified Manoshilai (or manoshilaikattu chenduram)	—	1	"
8.	Parangi Pathangam	—	1	tola
9.	Vediuppu (ஐந்தாம் காய்ச்சல்)	—	1½	"
10.	Purified Parangippattai churnam or Parangi churnam compound No. 1	—	6	tolas

These ingredients are finely powdered, mixed together in a kalvam as per rules and rubbed well for 2 days with **cow's ghee** (பசு நெய்) adding little by little) until the medicinal compound becomes waxy consistency. This is then secured and preserved in a suitable glass jar.

Dose: 2 to 5 grains may be given twice a day well enclosed in white sugar or palm jaggery or in gelatin capsules. Pattanikadalai size is mentioned in the original.

Uses: Mega noi, Vellai, Gleet, Leucorrhoea, Diabetes mellitus, jwaram, Leprosy, Cancer, Psoriasis, All worst skin diseases and joint affections are cured. In children kalkaduvan (கால்கடுவன்) and other Seborrhic-dermatitis are also cured when given in fractional doses according to their age.

7. RASAGHENDI MELUGU No. 2

1. Rasa baspam or purified Patharasam
2. Purified Ghendakam
3. Rasakarpura kattu baspam or Purified rasakarpuram
4. Thalaka kattu baspam or purified Thalakam
5. Kantha chenduram No. 1 or purified Usikantham
6. Myilthuththam chenduram or chunnam or purified Myilthuththam
7. Purified Thurusu (Palthuththam)
8. Purified Mirudaraingi
9. Chukku churnam
10. Omum churnam
11. Karimanjal churnam
12. Thippili churnam
13. Chitharathai churnam
14. Jathikoshtam churnam
15. Valuluvaiarisi churnam
16. Sombu churnam
17. Elakoiarisi churnam
18. Jathikoi churnam
19. Milaku churnam
20. Jeerakam churnam
21. Karpokiarisi churnam
22. Mashikoi churnam
23. Thippilimulam churnam

24. Vayuvidangam churnam
25. Vasambu churnam
26. Lavangam churnam
27. Parangippattai churnam
28. Serangkottai purified and pounded into a fine mass
29. Kadukkoithole churnam
30. Karunjeerakam churnam
31. Kattu Jeerakam churnam
32. Ciruthekku churnam
33. Thalisapathiri churnam
34. Munthrikoi or Angoor Drakshai without seeds, rubbed into a fine paste
35. Pirappan kilangu churnam
36. Purified Ettivithu churnam
37. Thetran vithuchurnam
38. Neerpoondu (Senthamarai kilangu churnam)
39. Ellu finely powdered
40. Kollu finely powdered
41. Kopparaithengoi finely rubbed into a paste
42. Chiruchenniver churnam
43. Shangamverpattai churnam
44. Seemai Amukaraver churnam
45. Akasakarudan kilangu churnam
46. Chitharamoolaver pattai churnam

Of each in equal parts or 1 p. w. or quantity sufficient.

47. Hen's eggs two (whole contents should be used)
48. Palm Jaggery - equal to the weight of the first 46 drugs or 46 p. w.

Method of Preparation:

The first 46 drugs are taken in fine powders or in fine paste according to the types of ingredients, mixed together in a kalvam as per rules, the whole contents of the eggs are poured in the compound churnam little by little and mixed well. Next, the palm jaggery may be ground nicely for 2 hours into a fine paste in a kalvam or stone mortar and rubbed together with the churnam compound and the egg contents until it becomes of a waxy consistency or the jaggery may be made into a thick syrup and this syrup may be used for rubbing the above compound churnams and egg contents into a fine melugu consistency for about 12 hours. The melugu is then preserved in a suitable jar.

Note: 1. Some physicians adopt other methods of preparation namely (1) out of the first 46 ingredients purified Shengkottai alone is taken double the weight, while the other ingredients are taken in single weight, pounded nicely in a stone mortar with a crowbar (கடப்பாறை). After the bits of Shengkottai are nicely powdered along with the rest of the ingredients, excess of any rough solid bits of Shengkottai is removed carefully and then the egg contents are poured and pounded.

After this egg contents are well mixed with the powder compound the palm jaggery is added and pounded continuously for about 12 hours until the mass is of a waxy consistency.

Note: 2. It is always safe to keep this medicine compound well exposed to the hot sun for some time while it is being pounded with egg contents and jaggery and again pounded. This sort of exposure to the sun for a little while and then pounding alternately ensures moisture free of the medicine and thus prevent fungus formation when it is kept for a long time in stock. The older it is kept, the better is said to be the good effect.

Note: 3. The potency of this Rasaghendi melugu is said to be increased when it is preserved in a jar well sealed after preparation for a period of six months and then used. This may be administered for a mandalam of 40 to 45 days. Medicine should be stopped on the day of oil bath. Cow's ghee or Castor oil or Coconut oil bath is advisable or Panchakalpam bath may be adopted during the course of administration of this melugu.

Dose: 5 to 15 grains or about small chundakkoi size may be taken morning and evening enclosed in palm-jaggery or plantain fruit or in empty gelatin capsules after food. Buttermilk or curd and rice may be taken before taking the medicine in the morning. The dose of the medicine should be gradually increased in exceptional chronic cases.

Uses: This is a suitable effective specific for ever so many subacute and chronic ailments. All kinds of Vadharogam, Soolai rogam including Rheumatism, Rheumatoid arthritis, Polyarthritis, Narithalai vayu, Paralysis and Hemiplegia etc. Meganoi, Chori, Kuttam, Cancer, Leprosy, Padai and other chronic skin diseases, Vranam, Sinuses, Fistula, Piles, Puzhuvettu (Baldness), Syphilis, Tubercular glands (Kandamalai) Buboes, Urticaria, Carbuncles, Vadha Kudachal, Neuritis and ever so many chronic illness are cured provided it is continued for a fairly long time according to the toleration of the patient and severity of the ailments. This is one of the Universal remedy for almost all diseases.

Note: 4. In place of Patharasam and Ghendakam of each 1 p. w. it is better to use Swarnavalai Rasa chenduram 2 p. w. in this process.

8. THITHTHIPPU BEDHI MELUGU or Sweet Laxative

1.	Rasthali Plantain fruit	— 2	Nos.
2.	Kachchur fruits (Dates)	— 2	palams
3.	Drakshai dried (Angoor)	— 2	,,
4.	Cheena karkandu powder	— 2	,,
5.	Vadhamparuppu	— 2	,,
6.	Pure honey	— 2	,,
7.	Cow's ghee	— 2	,,
8.	Chukku churnam	— 1	palam
9.	Milaku churnam	— 1	,,
10.	Thippili churnam	— 1	,,
11.	White mustard fried and powdered	— 1	,,

All the other ingredients except items 1, 2, 3, 6 & 7 are rubbed together in a kalvam, then the fruits are added and rubbed. Then the ghee and honey are added little by little and rubbed together nicely into waxy consistency. This is preserved in a jar or dish.

Dose: Pepper size for children and chundakoi size for adults may be given only once in the morning or at bed time in capsule or with sugar.

Uses: Good motions are produced. Constipation, Colic intestines, Biliousness and intestinal worms are relieved. If motions are excessive, Vasambu burnt up char is given with Lime fruit juice or honey. Buttermilk and rice may be given and motions will stop.

9. GHENDAKA MELUGU

(Special - for Stomatitis & Perumpadu)

1. Highly purified Ghendakam — 1 part or 8 ounces
2. Panai Vellam — 2 parts or 1 lb.

Rubbed well into melugu pakam and bottled up.

Dose: Chundakoi size B. D. for Stomatitis followed by cow's fresh milk.

Uses: Perumpadu, it should be given chundakoi size B. D. with white of egg or cow's fresh milk.

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CHAPTER - 12

MISCELLANEOUS PREPARATIONS

1. ABREKA NAVANEETHAM or Abreka Purification

1. **Krishan Abrekam** one viss is taken, pounded carefully in a stone mortar, placed in a long tailed karandy, made red hot overe charcoal fire and bellow apparatus (like blacksmiths furnace,) put in a basin containing cow's urine sufficient to keep the Abrekam well soaked or sunk, kept for a day and then the urine is decanted. There after katijalam or otherwise called Annakadijalam is poured over the Abrekam and kept for 3 days. This is then washed well with cold water.

Next, this Abreka powder is placed in a thick mull cloth added to it about equal quantity or one Madras measure of paddy and made into a loose bundles. This bundle is kept hanging by means of a rope to a beam above (like Dholayanthram) and kept floating in an Andha of Annakadijalam or in its absence simple cold water may be used.

Next, sitting by the side of vessel, the bundle is squeezed with the fingers in such a way that all the fine Abrekam-butter like consistency (ie Abrakam Navaneetham) is let out of the bundle into the water in the vessel. So the squeezing is done for 2 or 3 days until the bundle is emptied of its Abrekam except the paddy.

Next, the Abrekam Navaneetham is allowed to settle down to the bottom of the water in 1 or 2 days, the surface water is than slowly snd gently strained out, leaving the Navaneetham to stay at the bottom of the vessel. It is then exposed to the hot sun to be well dried, powdered and bottled up. We got about 75 to 80 tolas of Navaneetham finally. This is our experience. This is said to be "DHANIA ABREKAM" (தானிய அப்பிரகம்).

Uses: This Navaneetham goes into the preparation of Abreka parpam, chenduram and chunnam etc.

2. ACHARAM MARUNTHU (For Local Application)

1. Vengkaram (raw nicely powdered) - 3 ounces.
2. Glycerine or pure honey quantity sufficient (or about 12 ounces) is added in a mortar. Both together are rubbed into a fine solution and bottled up.

Uses: This is used for local application with a swab to the tongue and buccal mucous membranes in cases of stomatitis or glossitis etc.

3. ANNAKATI JALAM (Bogar-7000-page 995)

Please secure 4 Madras measures of hand pounded Raw-rice of particular black kuruvai paddy (**karunkuruvai rice**) and boil this raw rice in a suitable mud pot. Allow the boiled rice to cool. You then transfer this boiled and cooled rice to another big mud pot to which 16 Madras measures of well boiled and cooled water are added. Keep it for a day and then strain or decant the surface liquid to another suitable pot. Now throw away the rice sediments. Place this pot containing plain rice water well exposed to the hot sun daily, (covering the mouth of the pot with a thin muslin cloth during exposure to the sun to prevent dust getting in,) substitute everyday fresh boiled and cooled water just to make up the deficiency of kadijalam dried up by the heat of the sun or by the exposure to the hot sun. Place the pot during every night well exposed to the moon. This process of exposure to hot sun during day time and to the moon during night, and at the same time substituting fresh boiled and cooled water to make good the defieiency and transferring everyday to change of clean pots, so that the old pot may be cleaned, should be done for six months. By this method a powerful fermentation takes place and it dervies the splendid rays of the sun and the moon. This kadijalam is said to be an excellent product to kill all minerals and metals. This plays an excellent part in the preparation of Muppu and is said tobe "**Pazhacharu**" for all practical purposes. This Annakadijalam is also given internally as a remedy for malarial fevers.

(3a) KADI DHRAVAKAM

Attach an earthernware retart to the pot of Annakadi jalam explained above. Cover the pot, seelaiman be made and Dhravakam extracted as usual. Avoid the first portion of the extracted Dhravakam and secure the latter portion. This Dhravakam is better subjected to a second time extraction which is supposed to be very powerful Dhravakam better than the simple Annakadi jalam, useful for preparation of Muppu. Eminent Siddhars like Gnanavettiyan, Agastyar and Bogar etc have spoken very highly of the importance of Annakadi jalam as an essential substance for preparation of Muppu.

4. BALDNESS CURE OR NAVAKSHARA PASTE

(For External Application Only)

1.	Nattu Navaksharam finely powdered	– 5 palams or 15 tolas.
2.	Best Honey about	12 fluid ounces.

These are rubbed into a very fine paste or solution in a mortar and bottled up.

Uses: This is applied daily to the patches in the scalp where there is **baldness** for about 30 to 40 days.

Note: This is mentioned on pase 81 – part 2 Brama Rahasyam. This is tried in this Research Lab., with success.

5. BALDNESS CURE No. 2 (External)

1.	Ammonium Chloride	—	2 drams
2.	Yanaithantha Baspam	—	1 dram
3.	Honey	—	2 ozs.

Rubbed well and bottled up.

Uses: To be applied externally over baldness in the scalp constanlly. This gives excellent result.

6. CARIES TOOTH REMEDY (External by local application)

Secure about 50 to 100 Kandankathiri fruits, heat them in Husk fire, (உமி நெருப்பில் கருகாமல் சுட்டு) placed in a kalvam, rubbed with "**pakal leaves juice**" into a fine paste (பாகலிலைச்சாறு) added to it about 8 ounces of **gingelly oil**, exposed to the sun for 8 days and then preserved in a bottle.

Uses: Applied locally to the Caries teeth. The Germs get destroyed in the teeth and pain is relieved.

7. GORGLE CHURNAM OR VAIPUN NIVARANI

1.	Karuvelam pattai churnam	— 1	part or	20 tolas
2.	Kalipakku churnam	— 1/8th	„	2½ „
3.	Kashukatti churnam	— 1/8th	„	2½ „
4.	Mashikoi churnam	— 1/8th	„	2½ „
5.	Padikaram powdered	— 1/10th	„	2 „
6.	Thiriphala churnam No. 1	— ½	„	10 ,

These ingredients are mixed together and bottled up.

Uses: About a table spoonful of this compound churnam is put in a vessel, water 2 or 3 Madras measures is added boiled, reduced to one half, filtered and used as gorgle as often as possible. All kinds of oral and dental troubles are relieved. This is an excellent and suitable gorgle in cases or **mercurialism** and **oral sepsis**. This is a good gorgle in **cancer mouth** or pharynx (**Epithelioma**)

8. KARUNAI KILANGU PASTE
(For opening boils abscesses and carbuncles)

Karunai kilangu One piece is taken, removed of its outer skin, weighed and rubbed nicely into a paste This is one part or one ounce, added to this paste **Butter** $\frac{1}{4}$th part or $\frac{1}{4}$ ounce and **karchunnam** 1/8th part or one dram. All the three ingredients are mixed well and preserved in a dish.

Uses: Applied in a piece of cloth over boils, abscesses and carbuncles for opening or bursting promptly. They get cured by this paste.

9. KUNGUMAPOO ENNAI
(For Epistaxis Nasal application)

Best **Kungumapoo** $\frac{1}{4}$ tola is finely powdered, rubbed well with gingelly oil about 4 ounces in a mortar and then preserved in a bottle.

Uses: When applied to the nostrils, Epistaxis (nasal bleeding) is stopped and ulcers in the nostils are also healed.

10. LEUCODERMA PASTE (EXTERNAL No. 2)
(வெண்குட்டம் லேபனம்)

1.	Kattu Jeeragam	—	4 parts or 4 ozs.
2.	Haridaram (Thalakam)	—	1 part or 1 oz.

These two ingredients are rubbed with cow's urine into a nice paste and applied externally over white patches of skin. The skin becomes Normal.

11. MINSARARASAM (Special) or D. D. S. Cure

1.	Menthol	—	4 parts or	4 drams
2.	Thymol	—	4 ,,	4 ,,
3.	Nattu shudam	—	3 ,,	3 ,,
4.	Pachai karpuram	—	3 ,,	3 ,,
5.	Shambirani pathangam or Acidum Benzoicum	—	1 part or	one dram.

All these five ingredients are mixed together in a glass or porcelain mortar and rubbed well until the mixture becomes a solution. This is then preserved in a stoppered bottle.

Dose: 2 to 5 drops may be given well diluted with hot water or orange juice or milk once or twice a day or as and when needed.

Uses: All diseases of digestive system including chest pain and pericardial pain are relieved.

Note: $\frac{1}{4}$ dram best musk also may be added to the above compound.

This will act as a good **Heart stimulant in general exhaustion or fatigue.**

Externally: It may be applied over joint pains, inflammations scorpion stings, insect bites and headache etc.

12. NAMAICHAL PANCHANGAPPODI

or Theippu podi for Incurable Itchings.

1. Kasakasa
2. Kasthuri Manjal
3. Pachai payaru (Green-gram)
4. Ulundu (Black-gram)
5. Thuvaramparuppu (Red-gram)

Of each in equal parts or 8 ounces each.

Rubbed with Lime fruit juice for 1 or 2 days, allowed to dry with the kalvam, powdered again and bottled up.

Uses: A little to be mixed with Lime juice or curd, applied in the morning externally over the itching parts and bath taken at midday using Iluppai Arappu and Kaliman (clay). Uncontrollable itching is relieved. The powder should be made into a paste with Lime juice or curd.

13. NERVALAM PURIFICATION (Special)

Nervalam $\frac{1}{2}$ viss is boiled in about 3 Madras measures of puneer jalam (ie 4 ounces of puneer dissolved in about 3 Madras measures of water) after keeping it soaked in that solution for a day This boiling is done until the water is almost reduced or dried and the Nervalam is then taken out, washed with water and dried.

2. Next, this Nervalam is tied in a cloth into a loose bundle kept soaked in a solution of Buffaloe dung dissolved in its urine about 3 Madras measures or with plain water for a day, then boiled as before, washed thoroughly well with water and dried.

3. Next, this Nervalam is gently and carefully broken just to get rid of its outer shell. by means of a small plank keeping or spreading Nervalam in a muram (முறம்) and hitting. Thus Nervalapparuppu is separated from out of its shell.

4. Next, this Nervalapparuppu is boiled along with $\frac{1}{4}$ Madras measure of raw rice and water 3 Madras measures until the rice is well boiled into kulampupakam or musileginous consistency. The pot is then removed from the fire, water is poured in it, allowed to cool, poured over a cement floor or cement-slab, washed thoroughly with water and all Nervalapparuppu are then collected separately. It is then dried.

5. Next, this Nervalapparuppu is kept soaked in Lime fruit juice for a day (about 1 to $1\frac{1}{2}$ lb juice), then boiled as before washed and dried.

6. Next, while Nervalam is being spread for drying in a plate, each individual Nervalam is gently separated into two halves by means of a penknife and the tender bud in each is removed entirely (முளை போக்கி). Then this divided Nervalapparuppu free from its tender bud is collected, dried well and preserved in a suitable bottle. This is said to be "**Cold Nervalam**" or "**Nervala pachai**". This is now considered well purified for medicinal purpose and this much is enough for use wherever fried Nervalam is not mentioned as a special case.

Note: If however this Nervalapparuppu is required to be fried and then used in medicine, a mud chatty is placed over gentle fire little by little (5 or 6 Nervalaparuppu at a time) the Nervalapparuppu is put in it, fried gently and transfered to a dish containing about lb 1 of **cow's milk.** After all the Nervalapparuppu or a part of the above stock is thus fried and put in that cow's milk, it is kept for a day, then boiled gently until the milk is almost dried, washed with water, spread in an E.I. Plate, exposed to the sun to be dried thoroughly well and then preserved in a suitable bottle. This is said to be **Fried Nervalam.**

Now you have got two kinds of purified Nervalam namely NERVALAM PACHAI OR COLD NERVALAM and the other NERVALAM FRIED or வறுத்த நேர்வாளம். Both the cold type and the fried type of purified Nervalam are kept in separate bottles. You can either use cold type of Nervalam in medicine or you can use cold and fried Nervalam in equal parts wherever Nervalam is specially mentioned as in the case of "Agastyar Kulambu". (ie பச்சைப்பாதி வறுத்துப்பாதி). Some physicians fry the Nervalam with cow's ghee or castor oil to represent the meaning of வறுத்துப்பாதி. This is a wrong interpretation. Oils should not be used for frying Nervalam under any circumstances. The oily nature of the Nervalam should always remain it its originality when purification is done and it is assured in the above method.

14. PATHARASAM PURIFICATION No. 1

(Improved-Method)

Patharasam lb – 1 or more is taken, put in a bottle, filled with **Vellai Erukkan paul**, kept immersed in this Erukkan paul for 1 to 3 days, and then washed with water.

Next, this mercury is placed in a kalvam, rubbed with cobwebs (ie ஒட்டடை or புகையூறல்) for one day, next brick powder, kari manjal powder and karumbusharukarai are added one by one and rubbed with water for one day in each. It is now thoroughly washed with water taking care that particles of mercury are not leaked out while it is being washed with water. Thereafter the same mercury is rubbed with the fine paste of greenmeni leaves (மேனி இலை அரைத்த விழுது) green Arukampaul (அறுகம்புல் விழுது) Kovai leaves, Betel leaves, Kodiveli leaves rubbed mass salt and finally with **Vellaipoondu rubbed paste** for one day in each. Finally it is washed with water, dried, weighed and preserved in a suitable bottle.

Uses: This kind of purified mercury is used for all kinds of mercurial preparations.

15. PATHARASAM PURIFICATION No. 2

(Improved-Method)

Patharasam lb 4-0-0 or required quantity to be kept soaked in வெள்ளெருக்கம்பால் for a day and then washed. Then it is rubbed with Otterai, Manjal powder, Sengal powder, Iron podi, Nattusharkarai, common salt, Arukampaul rubbed mass, Vertilai mass, Kovai leaves mass, Kodiveli leaves mass, Honey, Pirandai juice, Inji juice, Avarai verpattai decoction, Thiriphala decoction, Aththipattai, Alam pattai and Navarpattai decoction for one day in each and washed, Finally it is rubbed with Vellaipoondu rubbed mass and washed.

This is used for all mercurial preparations where patharasam is indicated. Valairasam also may be purified in the same manner as that of Patharasam.

16. PADAI PASTE No. 1 (External use only)

Padai Kuligai	— 16
Red oil Q. S. or	— 2 oz.

No. 1 is powdered nicely in a kalvam, Red oil or Podugu Ennai No. 3 or 4 added little by little and rubbed into a fine paste.

Applied externally over patches of Dry Ringworm, Eczema, Psoriasis and fissure prepuce etc. But preferably this paste may be dissolved or mixed with coconut oil about 2 Litres in a Kalvam and then applied externally. Kadalai flour may be used for washing. Kadalai means Bengal-gram.

17. PADAI KULIKAI (External application only)

1. Mirudarsingi
2. Patharasam
3. Ghendakam
4. Rasakarpuram
5. Thurusu
6. Thutham

Of each one Kalanju.

To be powdered in a kalvam, rubbed well with Kammaru Vertilai juice and when it is of waxy consistency, Pachaikarpuram 3 Kundri weight is added. Again rubbed for sometime, made into small rods or tablets size, dried and bottled up.

Uses: When necessary this pill is rubbed with Lime juice into a paste and applied to the patches of eczema, Ringworm and other itching patches. They will heal quickly. Any fissure or cracks in the tip of the prepuce this may be applied. Better to apply over dry area with coconut oil (One tablet dissolved in 2 ounces of coconut oil).

18. PADAI MARUNTHU No. 1 (For external use only)

1. Acidum Salicylicum - 4 or 5 drams.
2. Acidum Boricum - 4 drams powdered together, rubbed with (3) **Denatured spirit 3 to 4 ounces** until the powders are well dissolved and then bottled up.

Note: This solution may be prepared even without Acid boric. Acid salicylicum alone dissolved in the spirit in the above strength acts much better than the above recipie.

Uses: This is only for **External application** in dry eczema or ringworm or other padai. It should not be applied in inflammed or ulcerated patches of padai. Itching is relieved and the eczema is healed.

19. PADAI MARUNTHU No. 2.

or Eczema or Fungus External Cure

1.	Liquid Coaltar	—	2 parts or 2 ounces
2.	Red Oil	—	1 part or 1 ounce

Shake well and preserved in a bottle.

Uses: This may be painted with a swab once daily over patches of all kinds of padai or Fungus. In a week it becomes completely relieved.

Note: Plain **coaltar liquid** without Red oil may also be painted over the patches of padai with better effect in certain recurring patches of eczema or ringworm.

20. PAINBALM SPECIAL No. 1 (For external use)

1.	Menthol	—	1 tola
2.	Thymol	—	1 ,,
3.	Pachai karpuram	—	1 ,,
4.	Oleum Eucalyptus	—	1 teaspoonful
5.	White Bee's wax	—	2 ounces
6.	Coconut oil	—	8 ,,

The coconut oil is heated, wax is added, after this is melted the vessel is removed from the fire and the rest of the ingredients are added. The vessel is placed in a basin of water to cool. On being cooled, it is transferred to a stoppered glass jar.

Uses: Applied Externally for all kinds of local pains for immediate relief.

Note: The best method is to dissolve the wax in the boiling oil and poured in a basin of water so as to form an ointment consistency. As an alternative, it may also be allowed to cool itself without pouring in water.

Then also it becomes butter-like consistency on being cooled. This butter-like ointment is carefully collected, placed in a kalvam, rubbed with tbe rest of the ingrediants and preserved in a stoppered glass jar.

21. PAINBALM No. 2 (External use)

1.	Vaselin	—	½	lb	
2.	Hard Paraffin	—	3	ozs.	
3.	Menthol	—	1	oz.	
4.	Camphor	—	1	,,	
5.	Ol. Cajuput	—	1	,,	
6.	Myristic oil	—	1	,,	(Oil of Nutmeg.)
7.	Eucalyptus oil	—	1	,,	
8.	Thymol	—	1	,,	

Prepared by boiling water in a shallow vessel, an aluminium vessel is taken and placed over the boiling water just like (water bath) in the basin the hard paraffin is put in small bits and when this is melted soft paraffin is added to it. When both are being melted the compound of the other 6 ingredients (Which is already kept mixed together in a stoppered wide mouthed bottle) is added to the Vaselin and mixed together or stirred well with a wooden spatula. Immediately before it is cooled or when it is hot the solution is transferred to another W. M. Bowl and kept covered. After it is cooled it is applied externally over all painful condition such as Headache, Parisavayu, Vadhakudaichal, Joint pains, Sprains, Nasal Cattarrha or where ever there is pain this can be applied externally just like Veporub or Vicks Veporub.

N. B: In place of Nos. 1 & 2 we can use white bee's wax and coconut oil ½ Litre as in the case of No. 1 painbalm.

22. PARPODI No. 1

1.	Thiriphala (Kadukoi, Thandri and Nelli Vatral) churnam of each	—	1	oz.
2.	Masikoi	—	1	,,

3. Jathikoi — 1 oz.
4. Thirikadugu (Chukku, Milaku, Thippili) churnam of each — 1 „
5. Elarisi — 1 „
6. Lavangam — 1 „
7. Lavangappattai — 1 „

All ingredients are powdered nicely and mixed well.

Uses: For cleaning the teeth as tooth powder for relief of all dental diseases.

23. PANCHAKALPAM FOR SNANAM

1. Kadukkoithole churnam
2. Nellivartal churnam
3. Kasthurimanjal churnam
4. Vellai milaku churnam or Black-pepper churnam
5. Vembuviththu paruppu

} Of each in equal quantity or about 5 palams each or 15 tolas each.

These five ingredients are rubbed together with cow's milk for 3 or 4 days into a very nice paste and are made into small cakes. These cakes are dried in the sun and preserved.

Uses: When necessary, a little quantity of these cakes is kept soaked in cow's milk, dissolved and boild into a kulambu pakam (semi solid consistency). This is than cooled, applied to the head and body and hot water bath is taken weekly twice. Obesity of the body (பருந்தூலம்) and emaciation of the body (வறட்சி தேகம்) are prevented. Burning sensation of the body, limbs and eyes is relieved. Eyes become cool. Good sleep and good vigilence are ensured.

24. PUNPODI No. 1

1. Zinc-Oxide
2. Acid Boric
3. Amylum (Starch)

} Of each equal parts or 2 ounces each.

To be mixed well and used externally over irritable eczema, Ringworm, Psoriasis, Eryseplasis (அக்கி), Scabies and over scratching or itching skin diseases either alone or mixed with soothing oils like **Red oil or Theepun ennai or simple coconut oil**.

25. PUNPODI No. 2

1.	Zinc Oxide	Of each in equal parts or 2 oz. each
2.	Acid Boric	
3.	Sulphanilamide Powder	
4.	Amylum (Starch)	

Used externally over all kinds of irritable skin diseases with weeping vranams.

26. PITHAKASA KAN MATHIRAI

(or Cataract Local Remedy No. 1)

1.	Kadukkoivirai churnam	—	10 parts
2.	Milaku churnam	—	5 ,,
3.	Thippili churnam	—	4 ,,

These three ingredients are mixed together in a kalvam, rubbed with NELLIKOI JUICE (fresh & green) for 5 days, made into small rods, dried in the shade and preserved in a suitable bottle.

Uses: It is said in the original works that about a green-gram size of the powdered pill is to be applied to the affected Eye only once a day, for 8 days and that the cataract disappears and vision is restored. However this pill may be applied by rubbing in **Nandhia vattai flower juice**.

Diet: Pungeants and Tamarinds should be avoided.

Note: We are not applying to the Eye in power form so far. We make a fine powder of the above kankasa mathirai, rub the same in a kalvam with honey into semi solid consistency and this is preserved in a bottle. This semi solid solution is applied daily to the

Eye with a fine glass rod just like Narekelanjanam. **Nanthia vattai flower juice** may also be used for rubbing the mathirai in it into a thick solution and applied to the eye. This is an experienced eye medicine for cataract in all stages. It should be applied atleast for 30 to 40 days.

27. RINGWORM SOLUTION (External application)

1. Acid Acetic — 1 oz.
2. Tr. Iodin — 1 oz.
3. Acid Salicylic — 1 dram.

Mixed well for external appllication over the Ringworm Patches.

28. SIDDHA TOOTH POWDER No. 1 (Special)

1. Karpura silasathu baspam nicely powdered No.2 or No. 4 — 2 lbs.
2. Seemai kalnar baspam — 1 lb.
3. Creta preparata (Purchased from chemists shop) — 1 lb.
4. Menthol — 2 to 3 drams.

All these 4 ingredients are mixed together in a kalvam and preserved in stoppered glass jar.

Uses: For all sorts of dental troubles such as caries teeth, toothache, loose and painful tooth, pyorrhoea, Gingivitis, gumboil, Alvelar abscess & mouth bad-odour etc this powder may be used for cleansing the teeth daily once or twice a day and gorgled with warm water.

29. SIDDHA TOOTHACHE CURE POWDER
(or Siddha Tooth Powder No. 2)

1. Siddha tooth powder No. 1 — 1 part or 1 oz.
2. Thiriphala churnam No. 1 — 2 parts or 2 ozs

Mixed well and bottled up.

Uses: To be used as tooth powder for cleansing the teeth morning and evening and gorgled with warm water.

30. SIDDHA TOOTH POWDER No. 3

1.	Fried Padikaram	— 8½	tolas
2.	Milaku churnam	— 3	,,
3.	Salt powder	— 3	,,
4.	Palingu Shambirani nicely powdered	— 3	,,

These four ingredients are well mixed and preserved in a stoppered bottle.

Uses: First gorgle your mouth with hot water, then clean your teeth with one or two pinches of the above tooth powder and then again gorgle with hot water.

Effect: Loose tooth, salivation, toothache, bleeding gums and bad odour mouth etc are relieved.

31. SIDDHA TOOTH POWDER No. 4

1.	Padikaram	Of each equal parts (about 15 tolas each).
2.	Kottaipakku	

Pounded in a stone ural into nice powder, strained through cloth and bottled up.

Uses: To be used as Tooth powder for cleansing the teeth Toothache is cured.

32. SIDDHA TOOTH POWDER No. 5 (Special)

1.	Burnt up and powdered kottai pakku	— 100	grams
2.	Kaththakambu or white catechu powder	— 100	,,
3.	Lavangappattai churnam	— 100	,,
4.	Nattu shudan (karpuram)	— 35	,,
5.	Athimathuram churnam	— 150	,,
6.	Navarppattai churnam	— 150	,,
7.	Karuvelampattai churnam	— 150	,,
8.	Veppampattai churnam	— 150	,,
9.	Kadukkoithole churnam	— 250	,,
10.	Lavangam churnam	— 100	,,
11.	Elarisi churnam	— 50	,,
12.	Padikaram fried churnam	— 100	,,

13. Pal shambirani churnam — 75 grams
14. Rose essence — 10 drops
15. Creta preparata — 400 grams

These ingredients are nicely mixed together as per rules and bottled up. Oleum Menthapip, Oleum Cinnamon & Oleum Lavender of each 15 drops may be added while mixing.

Uses: Useful as tooth powder for cleansing the teeth. All dental diseases are relieved and prevented from further attacks.

33. SIDDHA TOOTH POWDER No. 6

1. French Chalk powder or Creta preparata — 20 tolas
2. Poongavi — 3 "
3. Kadukkoi churnam — 1 tola
4. Chukku churnam — $\frac{1}{2}$ "
5. Milaku churnam — $\frac{1}{2}$ "
6. Thippili churnam — $\frac{1}{2}$ "
7. Omum churnam — $\frac{1}{2}$ "
8. Elarisi churnam — $\frac{1}{2}$ "
9. Lavanga churnam — $\frac{1}{2}$ "
10. Lavangappattai churnam — $\frac{1}{2}$ "
11. Fried induppu powder — $\frac{1}{2}$ dram
12. Thangkanam (Vengkaram) Fried — $\frac{1}{2}$ "

Mixed well and bottled up.

Uses are the same as that of Nos. 1 to 5 Siddha tooth powders for cleansing the teeth.

34. SIDDHA TOOTH POWDER No. 7

1. Karpura Silajathu Baspam No. 2 — $\frac{1}{2}$ lb.
2. Kalnar baspam — $\frac{1}{4}$ "
3. Creta preparata — $\frac{1}{2}$ "
4. Kaolin — $\frac{1}{4}$ "
5. Ashka sugar or karkandu powdered — $\frac{1}{4}$ "
6. Oil of cloves — $\frac{1}{2}$ dram
7. Oil of Menthapip 20 drops or menthol — 30 grains

8.	Oil of Cinnamon	— $\frac{1}{2}$ dram
9.	Thymol powder	— 30 grains

Mixed well in a mortar and preserved in a stoppered bottle used for cleansing the teeth morning and evening in dental ailments.

Uses: Dental caries, toothache, Pyorrhoea, Alveolaris, Bleeding gums, gingivitis, loose and painful teeth, bad odour mouth and all oral and dental sepsis are relieved and cured.

35. THROAT PAINT (Siddha)

(or Throat Pain Reliever Local Application)

1.	Gorgle churnam strong	— 1 lb.
2.	Vellai kasukatti churnam	— 2 ounces

Water added 6 Madras measures, boiled, reduced to 1/8th part, filtered, again boiled into Rasakriya and dried in the sun. This dried extract - 1 part or $\frac{1}{4}$ oz. is taken. Glycerine or Honey or Glycerine and Honey in equal 10 parts or $2\frac{1}{2}$ oz. is also added.

Rubbed well and bottled up.

Useful as **throat paint** in pharyngitis and Laryngitis etc. Also it may be painted to the mucous Membrane of the mouth, Tongue and lips in cases of **stomatitis** and **other sores.** We have been applying this solution over **Epithelioma** of buccal cavity with very good results.

36. TOOTHACHE CURE PASTE OR TOOTH PASTE

1.	Parpodi No. 1	— 2 ozs.
2.	Procaine powder	— 10 grs.
3.	Honey Q. S. or about	— 4 ounces.

These are well rubbed together in a mortar, made into a fine paste and preserved in a suitable stoppered wide mouthed bottle.

Uses: This is intended only for Dental local application. In cases of severe toothache or in carise teeth.

Thiriphala gorgle or saline gorgle is given first and then this paste is applied locally with a cotton swab.

37. VALAIRASAM EXTRACTION FROM ULANTHA LINGHAM OR JATHI LINGHAM

ULANTHA LINGHAM or JATHILINGHAM (or both Ulantha Lingham and Jathi Lingham together of each 12 palams) may be taken, powdered in a kalvam nicely, mixed with twice or thrice its weight of KARIMANJAL fine powder, spread in a piece of mull cloth about $\frac{3}{4}$ yardsquare, rolled lengthwise into a bundle, placed in an agal into a circle, charcoal fire is placed in an agal touching the medicine bundle (கங்கு நெருப்பு or தணல்) a big pot (மண்மிடா) inside of which **Thulasi juice or kovai leaves juice or vertilai juice** is smeared 5 repeated times, dried and kept ready, is placed upside down or inverted over the agal, round which (ie round the agal) 4 pieces of small stones are placed in 4 spots outside the agal so that there may be little space for the air to get in, and a wet cloth is spread over the pot for cooling purpose.

Now the bundle of medicine catches fire and begins to burn slowly. Smoke goes upward inside the pot and sublimation forms slowly inside the pot. After the whole bundle of medicine is burnt out into simple ash and then cooled, the next day the mecury sublimed inside the pot may be secured carefully by means of a suitable brush. This may be washed, dried, weighed and preserved in a bottle.

This is meant by saying "**Valai rasam**" There are ever so many methods of taking out Valairasam from Lingham, but the present method is enough for our purpose. For 24 tolas of Lingham, we will get not less than 18 tolas of Valairasam. The cloth over the pot should be kept wet through out.

38. VENGARA PACHAI SOLUTION or Thavalai Chori Nivarani and Prickly Heat External Remedy

1. Borax powder (Vengkaram) — 4 drams
2. Rose water — 4 ounces.

Dissolved and preserved in a stoppered bottle. For external application over the affected part in Thavalai Chori and Prickly heat rashes.

N. B: In Thavalai chori Karpoki paste rubbed with curd may be applied externally.

39. GREY HAIR OIL (நரைமுடி போக்கி)

1.	Oleum Recini	—	3 lbs
2.	Best Coffee powder	—	$\frac{1}{2}$ kg.

Mixed and boiled well, Cooled filtered and bottled up.

Uses: For External application to the Grey Hair the scalp.

40. SIDDHA EAR DROPS

1.	Palingu Sambirani fine powder	—	2 ozs.
2.	Gingelly oil	—	$\frac{1}{2}$ Litre

Well boiled, filtered and bottled up. To be used as Ear drop for Earache.

Uses: The pain in the Ear is completely relieved in 3 applications or in 3 days.

41. KUNGILYA UNDAI (For External Application Similar to Marmakutika)

1.	Abin	—	1 part	or	2 drams
2.	Karunkungilyam	—	2	,,	4 drams
3.	Vellai Kungilyam	—	3	,,	6 drams
4.	Moosambaram	—	4	,,	8 drams
5.	Arrowroot fluor or starch	—	8	,,	16 drams

To be rubbed with Kumari juice and made into tablets.

Uses: To be rubbed with hot milk or hot water or white eggs into a paste and applied externally over glandular swelling abscess and other inflammations. They will subside or get ripened quicker and burst.

CHAPTER-13

PATHANGAMS

1. PARANGIPPATTAI PATHANGAM No. 1

Best flour-like Parangippattai (நன்றாய் மாவாயுள்ள பரங்கிப்பட்டை) cut into small bits weighing 20 palams are taken.

This is to be kept soaked in the following juices one by one during the night and dried in the sun during the day until each juice is completely dried :

1. Ass's dung, fresh, soaked in Ass's urine or rather dissolved and the juice squeezed out by filtering (ie கழுதைச் சாணிப்பாலில் பரங்கிப்பட்டையைப் பிசறி வைத்திருந்து உலர்த்தி எடுக்கவும்).
2. Kuppaimeni leaves juice
3. Poduthalai juice
4. Karisalai juice (preferably manjal karisalai)
5. Sangkamkuppi leaves juice
6. Cow's milk

In the above fluids and milk, the above Parangippattai is kept soaked and dried in order of frequency and preserved. Now the pavanai made Parangippattai weighed only 10 palams or 30 tolas. Next-1. Purified Patharasam 10 palams or 12 ounces.

2. Purified Ghendakam 2 palams or 2½ ounces
3. Purified Jathilingam 10 palams or 12 ounces.

These three ingredients are taken, powdered nicely and mixed up in a kalvam, as per rules. This compound is rubbed in a kalvam thoroughly well for one or two days.

Three suitable mud chatties are then taken, the above mercury compound powder is placed in the bottom erippu chattey, the above Parangippattai pavanai is spread in the middle chatty, (which is already perforated with a number of small holes) and covered with a third top chattey in such a manner that this chattey approximately fits into the rim of the bottom erippu chattey. Seven layers of clay cloth are provided to the junction of both the top and the bottom chatties. This is then burnt as per rules by deepagni for 2 hours, kamalagni for another 2 hours and kadagni for another 4 hours.

It is allowed to cool down. By this method there is very little of reddish powder left in the bottom chattey while fine red chenduram is formed all round the inner surface of the bottom chattey together with a few mercury sublimation. All the red chenduram together with the burnt up and charred parangippattai from the middle perforated chattey is carefully secured, powdered, mixed together and bottled up for use. There is also sublimed rollable mercury found inside the covering upper chattey which is scraped out or collected and preserved seperately (about 9 tolas for use in other mercury preparations). Actual Parangippattai with chenduram or Parangippattai pathangam weighs 40 tolas final product. This is powdered and bottled up.

Dose: 2 to 5 grains may be given with honey or other suitable anupanams twice a day.

Uses: Mega noi 21, Soolai noi 18, Syphilis, Karunkiranthi, Blackness or whiteness of palms and soles, Lumbago, Keelvayu, Catch pains, Vranams, Chirangu, all types of skin diseases, Cancer, Leprosy, Leucoderma, Allergic dermatitis or chilvisham or kanakadi, Bad odour of mouth and toothache etc. are cured. This is one of the best Siddha medicines. DIETETIC RESTRICTIONS are to be observed according to the nature and severity of ailments.

Note : Both the chenduram in the bottom chattey and the burnt up Parangippattai from the perforated chattey should be well rubbed and mixed together before being preserved in a suitable bottle. This is meant for internal administration and not the rollable mercury from inside the top chattey.

2. PARANGIPPATTAI PATHANGAM No. 2 (Strong)

1. Parangippattai pathangam No. 1 — four parts or 4 tolas.
2. Swarna Valai Rasa Chenduram — one part or one tola.

Mixed well and bottled up.

Dose : 2 to 4 grains may be given twice a day with honey or cow's ghee or other suitable anupanams.

Uses: Same as that of Parangippattai Pathangam No. 1 This is very very effective as **an Universal remedy** in all incurable and chronic diseases.

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The Pharmacopoeia of Siddha Research Medicines

CHAPTER-14

SYRUPS

1 Ginger Lime Syrup or Inji-Elumichchu Manapagu or Jambeerathi Panakam

2 Ginger Lime Syrup No. 2

3 Madhulai Manapaku or Syrub of Pomegranates

4 Narath-Lime Syrup

5 Sanjeevi Tonic

6 Siddha Bronchial Asthma Syrup

7–9 Siddha Cough Syrup Nos. 1, 2 & 3 (Special)

10 Fermented Thippili Honey (காரம் ஏற்றிய தேன்)

CHAPTER-14

SYRUPS

1. GINGER LIME SYRUP

(or Inji-Elumichchu Manapagu or Jambeerathi Panakam)

1. Lime Fruits 50 for juice — 2 lbs
2. Inji ½ to one viss for juice — 2 lbs

Both the juices are filtered, put in a vessel and boiled to its half. Then **white sugar** 2 viss is dissolved and boiled into syrup as per rules. On being cooled the syrup is bottle up.

Dose: 1 to 2 teaspoonful may be given diluted with 1 to 2 ounces of water twice a day.

Uses: Agnimantham, Arojakam, Vanthi, Biliousness, Loss of Apetite, Pithathickam and Pitha-kirukiruppu etc. are relieved.

Note: In cases of Hypertension this syrup is worth trying along with **Dasamularishtam** in proper dose continuously for 40 to 45 days or even longer. This may also be used as an anupanam for Blood Pressure Stabilizer.

2. GINGER LIME SYRUP No. 2

1. Inji ½ to one viss for juice — 2 lbs.
2. Lime Fruits 25 to 50 for juice — 2 lbs.
3. Ashka sugar — 3 kilo.

Boiled into a syrup consistency as per rules, removed from the fire, added **Elarisi churnam** 4 drams, cooled and bottled up.

Dose: 1 to 2 teaspoonfuls twice a day with water.

Uses: Hypertension, Biliousness, Giddiness, Indigestion, distaste and thirst etc are cured. This may be used as an anupanam for Blood Pressure Stablizer.

3. MADHULAI MANAPAKU

or Syrup of Pomegranates

1. Well ripe Pomegranate fruit juice (நன்றாய் வெடித்த மாதுளம் பழச்சாறு 2 lbs. The fruits are covered with one or two layers of clay cloth, dried and subjected to putam under hot dried cowdung ash: கும்பிச்சாம்பலில் வேகவைத்துப் பின் சிறிய துவாரமிட்டுச் சாறு பிழிந்து எடுக்கலாம். அல்லது நன்றாய் வெடித்த பழத்தை சாதாரணமாகவும் சாறு பிழிந்து வடிகட்டி எடுக்கலாம்.

2. **Cheenakarkandu** 10 palams or 30 tolas. This is powdered, dissolved in the juice, boiled into syrup consistency, removed from the fire, cooled and bottled up.

Dose: One to two teaspoonfuls may be taken with a little milk or hot water three times a day.

Uses: It is a remedy for Pithathickam, Ushnam, Jwaram, Inflammation of the gastro intestinal tract and intense thirst. Vomiting, Nausea, Kapham, salivation, Bitterness of the mouth, hiccup, morning sickness, Dysentery, chest-burn, ear block (காதடைப்பு) and giddiness etc are cured.

4. NARATH-LIME SYRUP

1.	Naratham pazham juice (mathulanga fruit swarasam)	— 1 lb.
2.	Lime fruit juice	— 1 lb.
3.	Induppu nicely powdered	— 4 tolas
4.	Inji churnam	4 ounces
5	Karumbusharkarai of Ashkasugar 100 tolas or lbs 2½ or even	— 1 viss

Induppu powder is dissolved in the juices, sugar is also dissolved in it and boiled into syrup as per rules.

Dose: One to two or even four teaspoonfuls either plain or with water may be taken twice a day. In severe cases one teaspoonful syrup may be given plain, 3 or 4 times a day.

Uses: Nausea and vomiting of pregnancy, Pithathickam, indigestion, biliousness, giddiness, general weakness, weakness of the heart, Vanthi, Arojakam, and Hypertension are relieved.

5. SANJEEVI TONIC

1.	Inji juice (One viss Inji)	— 2 Madras measures
2.	Green Drakshai fruit juice	— 1 Madras measures (20 seers fruit.)
3.	Lime fruits juice	— 25 Nos.
4.	Honey	— 1 Madras measure
5.	Karumbuvellam	— 1 viss
6.	Dhathaki	— 8 palams or 24 tolas
7.	Lavangam	— ½ oz. (coarsely powdered)
8.	Lavangappattai	— ½ oz. ,,
9.	Elakoi	— ½ oz. ,,

All are mixed together and put in a mud pot or jar to its half capacity, mouth covered with a lid or agal, clay cloth seven layers are provided to the margin, kept under Dhaniaputam or under dark-room for 40 days and then taken out. Decanted and bottled up.

Dose: ¼ to ½ ounce with water may be given twice a day.

Uses: This improves the general health. This may be used as an anupanam to ever so many baspams and chendurams etc. very good antidote or a remedy for **Narcotics.** This may be given along with **Parangipathangam** in these cases. This is a good Apetizer, stimulant and digestant.

6. SIDDHA BRONCHIAL ASTHMA SYRUP

1. Adathodai leaves juice
2. Kandangkathiri juice
3. Thuthuvelai juice
4. Thulasi juice
5. Mushumushukai juice
6. Kanjankorai juice
7. Imbural juice
8. Potrilaikaiyan juice

Of each equal parts or about ½ lb juice each.

9. Karuoomathan leaves and flowers juice – 8 parts or about 4 lbs.

These herbal juices are mixed together, subjected to the Retart process or distillator and Dheeneer of about lbs 4 is extracted.

Next, this Dheeneer is put in a vessel, Ashka sugar one viss is dissolved in it and boiled into syrup as per rules.

Dose: ½ to one teaspoonful with ½ to 1 ounce of warm water may be taken 2 or 3 times a day or when there is severe attack.

Uses: Bronchial asthma and Eusinophilia of lungs are treated with this syrup.

Note: Bazaar drugs Nos. 9 to 15 mentioned under Siddha Cough Syrup No. 3 may also be utilized in this Bronchial asthma syrup about one tola each while extracting Dheeneer.

7. SIDDHA COUGH SYRUP No. 1 (Special)

(a) 1. Adathodai leaves
2. Kandangkathiri leaves
3. Thuthuvelai ,,
4. Thulasi ,,
5. Mushumushukai ,,
6. Kanjangkorai ,,
7. Imbural ,,
8. Potrilaikaiyan ,,

} Of each about one viss leaves.

These are cut into small bits, juice extracted on being boiled in steam bath. (ie புட்டவியல் சுரசம்) lbs 6 churasam is secured.

(b) Karumbu vellam (sugarcane jaggery) - lbs 3 is dissolved in the above churasam, strained, boiled into syrup consistency and then transferred to another vessel.

(c) Thippili churnam 2 drams, Chitharathai churnam 2 dram and Thippilimulam churnam 2 drams are mixed with the syrup while the syrup is hot. On being cooled Honey lb ½ is also added and bottled up.

Dose: 1 to 2 teaspoonfuls with $\frac{1}{2}$ to one ounce of hot water may be taken 2 or 3 times a day.

Uses: Coughs of all types are relieved. Fever and chalikattu are also relieved. This is worth trying in Bronchial Asthma and Eusinophilic lungs.

Note: Sodium, Pottassium and calcium Hypophospates, codenia phosphates and liquor tolu may also be added to this syrup in proper proportions to increase the effect of the syrup.

8. SIDDHA COUGH SYRUP No. 2 (Special)

1.	Adathodai leaves juice	— 8	lbs.
2.	Kandangkathiri leaves	— 4	„
3.	Thuthuvelai leaves juice	— 4	„
4.	Thulasi juice	— 4	„
5	Mushumushukkai juice	— 4	„
6.	Kanjankorai juice	— 4	„
7.	Imbnral juice	— 4	„
8.	Potrilaikaiyan juice	— 4	„

These eight kinds herbal juices are mixed together, subjected to the Retart process (ie. Distilator) and Dheeneer of about lbs 12 is extracted.

Next, this Dheeneer is put in a suitable vessel, Ashka sugar 2 viss or lbs 6 is dissolved in it, boiled into syrup as per rules and preserved in a bottle.

Dose: 1 to 2 teaspoonfuls may be taken either plain by sipping little by little or may be diluted with $\frac{1}{2}$ to one ounce of warm water and taken slowly bit by bit 2 or 3 times a day or as and when necessary.

Uses: Cough of all types and jwaram are relieved.

Note: It is also advisable to add Calcium, Potassium and Sodium phosphates, Liquor tolu and Syrup codenia phosphate in proper proportions along with the above Siddha cough syrup which may be very effective in certain irritable coughs.

9. SIDDHA COUGH SYRUP No. 3 (Special)

1.	Adathodai leaves juice	— 12 lbs.
2.	Kandangkathiri juice	— 6 ,,
3.	Thuthuvelai juice	— 6 ,,
4.	Thulasi juice	— 6 ,,
5.	Mushumushukkai juice	— 6 ,,
6.	Kanjankorai juice	— 6 ,,
7.	Imbural juice	— 6 ,,
8.	Potrilaikaiyan juice	— 6 ,,
9.	Chitharathia churnam	Of each in 3 tolas.
10.	Athimathuram ,,	
11.	Arisithippili ,,	
12.	Thalisapathiri ,,	
13.	Elakoiarisi ,,	Of each in 1½ tolas.
14.	Valmilaku ,,	
15.	Kadukoithole ,,	

These above juices and Bazaar medicines are mixed together in a vessel, kept soaked for a day and subjected to the distillator. Dheeneer is thus extracted about lb 12. ASHKA SUGAR 4 VISS is dissolved in this Dheeneer, boiled into syrup and preserved in a suitable bottle.

Dose and **Uses** are the same as that of Siddha Cough Syrup No. 1 and 2 already mentioned. Calcium, Potasium and Sodium phosphates, Liquor tolu and syrup codeina or Codeina phosphates may be added in proper proportions and used so that the cough syrup may be very effective in very irritable and stubborn cases having difficult expectoration.

10. FERMENTED THIPPILI HONEY (காரம் எற்றியதேன்)

1. Lime fruits 30 for juice — 1 lb.
2 Best honey — 1 lb.

Thippili fried churnam ¾ lb. (One lb. is said in the manuscript but we used ¾ lb).

These three ingredients are put in a Glass jar or Mud pot, covered, Seelaiman is made and kept for one month. Then it is opened, filtered and bottled up.

Dose: 1 to 2 teaspoonfuls to be given diluted with water 2 or 3 times a day.

Uses: All vayus and kapham are relieved. It is a stimulant to the heart and lungs.